

Our Lady's Catholic High School



Newsletter No. 18
2nd February 2024



Prayer Theme Next Week: Healing. (Mark 1: 29-39)

Jesus went to her, took her by the hand and helped her up. (Mark 1: 31)

The sick, and the world, need 'therapy' of love. (Taken from Pope Francis' message for the 2024 World Day of the Sick, February 11th, the Feast of Our Lady of Lourdes).

In his healing, Jesus showed compassion, regardless of the person or their circumstances. Through Jesus' witness we know that God loves us no matter what. We can see a reflection of God's care and compassion in so many ways today, where people are dedicated to tending to the needs of others. As Pope Francis says in his message this week, people are desperate for the therapy of love. We can all play our part in that, every day – we don't need any specialist skills.

Dear Lord,

Teach us how to be compassionate and loving. May we open our eyes to all who suffer poverty, injustice or pain, no matter who they are. Give us the courage to walk beside them, to take their hand and to help them up.

Amen.

BOOO Virtues

Congratulations go to:

Year 7: Ethan Dutton - learned and wise. First student to become a 'millionaire' reader.

Year 8: Monica Nixon - attentive and discerning

Year 9: Liliana Rado, Betsy Lee, Jacob Jones, Imogen Worswick,
Olivia Finn Hindle and Scarlett Campbell - generous

Year 10: Teresa James - learned and wise

Year 11: Rhys Gates - attentive and discerning



Being One of Ours

School Attendance

Please discuss your child's % attendance at home, and remind them of the benefits of being in school on time every day.

ATTENDANCE MATTERS!

When you're in school you...

- Have fun
- Make new friends
- Gain qualifications
- Achieve
- Develop new skills
- Experience new things
- Build your confidence & self esteem
- Develop awareness of other cultures, religion, ethnicity and gender differences

Have the best possible start in life!

At Our Lady's we consider good attendance to be over 96%

Pupils who arrive after 8:55am will receive a 15 minute same day lunchtime detention

GREATER THAN
95%
ATTENDANCE



80% of pupils achieved at least 5 GCSE's including English and Maths when they attend more than 95%

LESS THAN
90%
ATTENDANCE



53% of pupils achieved at least 5 GCSE's including English and Maths when they attend less than 90%

LESS THAN
80%
ATTENDANCE



39% of pupils achieved at least 5 GCSE's including English and Maths when they attend less than 80%



Year 9 STEM Talk



On Wednesday, Year 9 listened and watched as a visiting speaker took them through her journey in science and university. Our guest speaker was Katherine Ormerod, a PhD student at Liverpool John Moores University, who now works with the amazing James Webb Space Telescope. Our pupils were treated to the wonderful images captured by the telescope, and shown how they compare to the famous, but old, Hubble telescope images.

We hope that this has shown our pupils what career paths and experiences are open to them should they choose to follow a career path in science.

Pupil of the Month

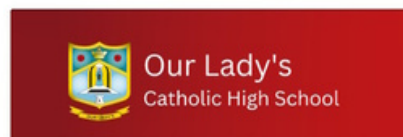
Year 7

- 7B1 - Florence Prodder 
- 7B2 - Chiamaka Ezeani
- 7C1 - Chloe Moore
- 7C2 - Dillon Smith
- 7T1 - Aurelia Sawka
- 7T2 - Alfie Shaw
- 7M1 - Dylan Hampton

Year 8

- 8B1 - Lilian Ezeani 
- 8B2 - Maya Taylor
- 8C1 - Rahma Noaman
- 8C2 - Finlay Whitaker
- 8T1 - Zaya Brown
- 8T2 - Lula Brady
- 8M1 - Lewis Cox


- 8B1 - Naomi Lam 
- 8B2 - Ajit Singh
- 8C1 - Oliver Kelly
- 8C2 - Isabelle Holden



★ MFL PUPIL OF THE MONTH ★

January


Year 10

- 10A1 - Elodie Rennie-Bloor
- 10B1 - Nicola Zamorowska 
- 10D1 - Lily Purkis


- 10B1 - Zoha Saleh 


Year 9

- 9B1 - Olivia Sawka 
- 9B2 - Zuzanna Dunaj
- 9C1 - Isaac Singleton
- 9C2 - Eisha Ashraf
- 9T1 - Liam Peter
- 9T2 - Archie Snape
- 9M1 - Lucas Ward

- 9B1 - Muhammad Patel 
- 9B2 - Hannah Griffiths
- 9C1 - Georgia Lythgoe
- 9C2 - Wiktoria Gronostajska

Year 11

- 11A1 - Lucy Greenwood 
- 11B1 - Tegan McLoughlin
- 11C1 - Lucy Mulholland

- 11B1 - Gabriel Madden 
- 11B2 - Ava Kilshaw

Lunchtime Games Club

This year at Our Lady's, we are thrilled to have introduced a new and exciting addition to our school's extracurricular activities – the *Games Club*.

This dynamic and engaging club aims to bring students together in the spirit of friendly competition, strategic thinking, and, most importantly, the joy of play.

On a Monday and Thursday lunch, the Games Club offers Board Games.

In an era dominated by screens and digital entertainment, the Games Club offers a refreshing alternative that encourages social interaction and critical thinking. Board games provide an excellent platform for students to unwind, develop strategic skills, and build lasting friendships in a fun and inclusive environment.

On a Friday lunch the Games Club offers Table Tennis and Basketball.

Table Tennis where the thrill of fast-paced rallies meets the camaraderie of friendly competition. The Basketball Club provides a dynamic space for students to engage in a sport that combines agility, strategy, and a whole lot of fun.

All students are welcome to come and swing by our next session!



In Mass This Week



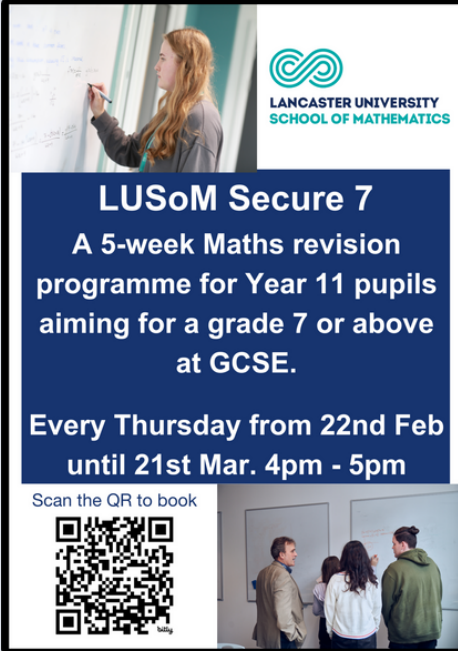
Pupils from 7L had their Form Mass this week.

Fr Augustine celebrated Mass with us and taught us to sing and clap along to the Responsorial Psalm! It was a beautiful celebration.

GCSE Maths Revision Courses

From February 2024, LUSOM will be offering a 5-week maths GCSE revision programme tailored towards your child's expected math grade. Please see below for further information on what both revision sessions have to offer.

Please note, students can only select one course which is applicable to their predicted maths grade.

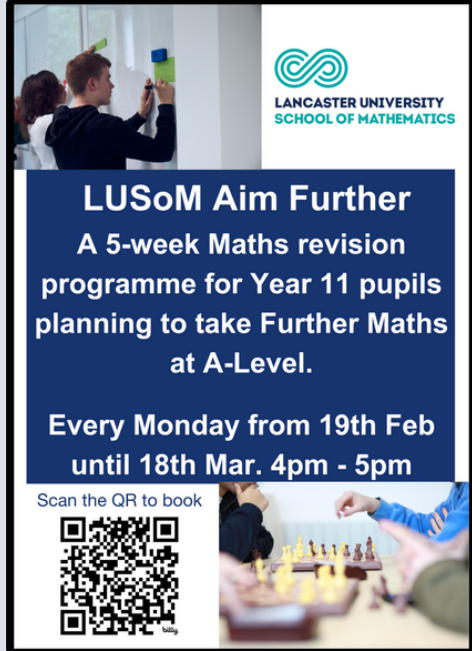


The poster for the LUSoM Secure 7 course features a woman writing on a whiteboard. The Lancaster University School of Mathematics logo is in the top right. The text is on a dark blue background. At the bottom, there is a QR code and a photo of students in a classroom.

LUSoM Secure 7
A 5-week Maths revision programme for Year 11 pupils aiming for a grade 7 or above at GCSE.

Every Thursday from 22nd Feb until 21st Mar. 4pm - 5pm

Scan the QR to book



The poster for the LUSoM Aim Further course features a man writing on a whiteboard. The Lancaster University School of Mathematics logo is in the top right. The text is on a dark blue background. At the bottom, there is a QR code and a photo of students playing chess.

LUSoM Aim Further
A 5-week Maths revision programme for Year 11 pupils planning to take Further Maths at A-Level.

Every Monday from 19th Feb until 18th Mar. 4pm - 5pm

Scan the QR to book

LUSoM Aim Further (Expected Maths Grade 8/9):

This is a 5-week revision programme hosted on Mondays for Year 11 pupils looking to study Maths/Further Maths at A-Level. The sessions will be held online, once a week and will begin on Monday 19th February 2024, running until Monday 18th March 2024.

LUSoM Secure 7 (Expected Maths Grade 7):

This is a 5-week revision programme hosted on Thursdays for Year 11 pupils looking to study Maths at A-Level. The sessions will be held online, once a week and will begin on Thursday 22nd February 2024, running until Thursday 21st March 2024.

Information

Illegal Vapes

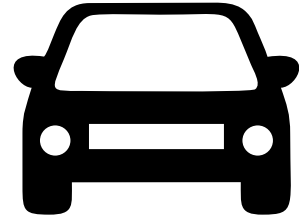


Lancaster and Morecambe Police are warning parents, carers and guardians of the dangers of unregulated vapes after several young people were taken ill in Lancaster and Morecambe.

In recent weeks Lancashire Police has received reports of five teenagers, all students at local schools and colleges, having fallen ill and required hospital treatment after smoking contaminated vapes.

Please [click here](#) to read the full news story

Parking



Please can we kindly ask parents and visitors to Our Lady's Catholic High School, to not park their cars on the nearby St Anthony's Nursery car park.

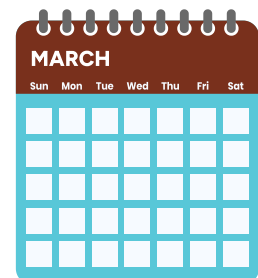
Thank you

2024 Dates for your Diary

Friday 9 February - Half-term – school closes at 3.00 pm

Monday 19 February - INSET DAY – pupils at home

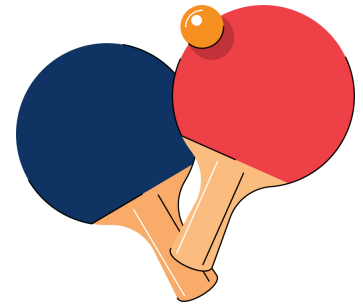
Tuesday 20 February - All pupils return to school



Sporting News

Table Tennis

The under 16 team played their final league game of the Preston Schools' Table Tennis Competition on Wednesday. The team has gone from strength to strength throughout the tournament, and the final week was no exception, with pupils competing in some particularly closely contested matches. Several games were tied at 10 all and so the game had to be won by two clear points. However, we held our nerve well, drawing four games all against Longridge and beating Archbishop and Christ the King eight games to zero. A great effort from Charlotte Walker who, for the second week running remained undefeated, also Emily Barnes, Judy Ellbbany and Katy Brown.



Year 7 Rugby



Our Year 7 boys took part in their final round of rugby fixtures within the district competition earlier this week. The first game was against a very well drilled and talented Ashton side who had easily beaten us in the same fixture before Christmas. It was a high pace and high intensity game from the very first kick with both sides demonstrating fantastic rugby skills - particularly in the breakdown. Ashton learned early on in the game that they were in for much more of a contest this time round.

Ashton were first to break the deadlock with the first try of the game, but their lead lasted only a matter of seconds as Our Lady's equalised. The two sides fought tirelessly in a bid to take control of the game. The final few minutes of the game proved pivotal though with Ashton edging the victory with two tries in very quick succession.

The Our Lady's boys were by no means deterred and were straight on for the next game against Archbishop Temple. Our Lady's took control of the game early on. With confidence in abundance across the team, the tries continued to flow, all adding points towards a victorious ending to the rugby season.

Sporting News

Year 7 Basketball

The Year 7 basketball team played their first two games of the year as part of the Preston district schools' competition on Wednesday 24th January. The games were held at Our Lady's and the team faced Archbishop Temple in their first game. We began brightly and being very direct to the basket, scoring quickly through Sam Sutcliffe and Christian Bunev to take an early lead. However, Archbishop fought back soon after and eventually took the lead back themselves. It was a close encounter and although some excellent passing moves from Joshua Taylor led to more points for Our Lady's, it was Archbishop Temple who claimed victory 16-10. The second game was against Ashton Community Science College. The Our Lady's team learned well from their first game and took on board some valuable advice about team play, securing a 20-4 win. Top scorers for the games were Sam Sutcliffe and Dane Lewis, each scoring 5 successful shots.

The team played two more games earlier this week against Corpus Christi and Longridge High school on Tuesday 30th and Wednesday 31st January respectively. The match against Corpus Christi was part of the Preston schools' district competition and the winner would finish third in the district overall. It was an excellent game by both teams and at one point Our Lady's had gained a 6-point lead however our opponents came back into the game and started to take the lead themselves, only for Our Lady's to claw back and tie the game after the 4th quarter with the score at 22-22. During the first period of overtime, Sam Sutcliffe drove into the key and neatly dispatched a lay-up to take the lead and our defence stood firm to hold on for victory with a thrilling final score of 24-22. The game against Longridge High School was a different challenge, with our opponents having skill and strength through the depth of their squad. Our Lady's made a superb start, scoring first through Sam Sutcliffe and keeping the game quite level for a time. Longridge were able to score well from rebounds while Joshua Taylor and Christian Bunev continued to work hard to move the ball around and create scoring opportunities for themselves and others. Longridge had taken a significant lead by the end of the 3rd quarter, however Our Lady's made a comeback in the 4th quarter, scoring more than our opponents but it was not enough to take back the lead and the final score was 35-18 to Longridge. The team have two games next week against Corpus Christi (Wednesday 7th February) and Bishop Rawstorne (Thursday 8th February) before playing Archbishop Temple after half term, all as part of the Lancashire Cup competition.

England Schools Cup

After 6 rounds of the English schools cup the U15 girls were defeated on Monday evening against a strong and well organised Sale Grammar School. We have travelled all over Lancashire since September, played some amazing football and got through to the last 16 schools in England which is just wonderful. Mrs Lin would like to say a massive well done to all the team and the best of luck in the Lancashire Cup Competition.

Careers

Year 11 Mock Interviews

On Tuesday this week, Year 11 participated in their Mock Interviews. We invited 26 external companies many of which were Alumni past pupils and we matched them to the fields of work Year 11 would like to do in the future.

Year 11 completed application forms and interviewers were given these in advance so they could plan questions and really get to know the pupil before meeting them. Our Year 11 pupils were absolutely fantastic and really embraced *Being One of Ours*. They were polite, professional and really engaged with their interviewers. It was absolutely wonderful to see them embrace such an opportunity with gusto. The employers could not speak highly enough of Year 11.

The Booths representative said he was overwhelmed by how prepared our pupils were, and would give all 5 of the pupils he interviewed a job in a heartbeat. After the interview, the employer then spent 10 minutes writing feedback, which will be shared with pupils next week. The employers spoke so highly of our pupils. and offered to help again in the future without hesitation.

Congratulations Year 11, we are so very proud of you.

Mrs Lin then decided to get some feedback from Year 11's to see how they felt the process was and what they have gained from doing it. Judy Ellbbany said, "I found the interview very beneficial, I learned lots about the company and how to prepare even more for next time." Molly Mower said, "I was really nervous before as just didn't know what they were going to ask me but once I started talking the nerves went and I was so pleased with it overall."



Careers

Careers Cafe

This week we had Lyndsey, a social worker from family wellbeing services, visit the Careers Cafe. Mrs Lin targeted Mrs Murray's health and social care class and advised pupils to come along if they were considering their future career in this sector. It was a fantastic session full of honesty and smiles. Lyndsey talked about the importance of support for families when they need it, along with a passion for working with people. The girls left motivated and determined to find out more.



Train to Teach in your Local Schools

Teacher training courses starting September 2024

FAQ: Where can I train to teach with the Catholic Teaching Alliance?

Answer:

Primary (3-7 yrs) or (5-11 yrs) at the Preston study site

Secondary (11-16 yrs) at the Preston or Blackburn study site

Post 16 (14-19 yrs) at the Preston study site



Train in local schools in Preston, Blackburn, Blackpool and the Fylde coast

For minimum entry requirements for the PGCE with QTS (Qualified Teacher Status) courses or for more information please see our FAQ page -

Website: <https://www.catholic-teaching-alliance.org/faq.html>



Being One of Ours

Careers

Careers Assemblies

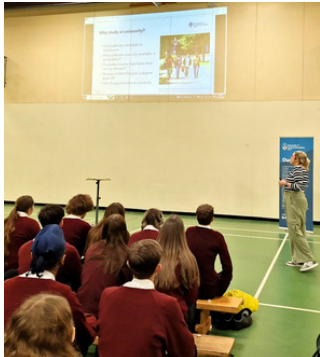
This week, Years 7 to 11 had their half termly career assemblies. These are designed to ensure all pupils from Our Lady's have a wide breadth of face to face interactions from prospective employers.

On Monday, Catrin from the University of Central Lancashire, UCLan, spoke to Year 11 about the pathway to university and the different courses to study, and how exciting and wonderful university life can be. Year 11s were attentive in their approach, and Catrin was very impressed with the way in which the pupils conducted themselves. We are hoping this interaction may have planted some seeds for future applications to UCLan.

On Tuesday ex professional footballer Graeme, came to speak to Year 9 about football, PNE, being a professional footballer, the importance of being active and good mental health and how he also works for OPTA the company responsible for all the statistics in live football games. It was so interesting to learn about his career as a professional footballer and what he did after. PNE offer lots of different courses after Y11, including degrees. Huge thanks to Graeme for visiting us and sharing his knowledge.

On Wednesday Mr Power led a Year 10 assembly on their imminent Work Experience which takes place next week. We wish all Year 10 the very best of luck and staff look forward to visiting you in your work placements.

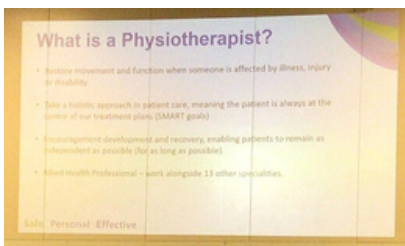
On Thursday Dave Elliott, an apprentice, visited school to talk to Year 8. Year 8 will be choosing their options next year and this was a great opportunity for pupils to learn about the different pathways including T levels, A levels, apprenticeships and the world of work. Preston college offer lots of different courses for pupils and we are hoping the day may raise some interesting conversations at home too.



On Friday we welcomed past pupil and Alumni member Niamh Tiernan. Niamh works as a physiotherapist in the NHS and deals with complicated and wonderful cases each and every day. Niamh discussed her daily role and the importance of being able to help people in the darkest moments but also the magnificent reward when a patient responds well to treatment. We are so proud of Niamh, she is *One of Ours* and left Our Lady's in 2016. Niamh amplifies our school virtues and proves that hard work and dedication really does pay off.



Year 7 were very lucky as they also had a talk from Engineering consultant Steve Tiernan who is the dad of Niamh. He spoke about the benefits of engineering and how engineering is involved in every day life. Year 7 asked wonderful questions about his career and what he was currently working on. Relationships with pupils and parents is so important and we are very grateful to both Niamh and Steve for giving up their time today.



Careers

Electricity North West



Work experience at Electricity North West

At Electricity North West we offer a wide range of careers. Whether you want to be outside fixing faults on the electricity network or in one of our offices in a business support role we have something for everyone.

Our work experience programme offers you a unique opportunity to get to know more about our business and gain some work experience which will help you in your future career and looks great on your CV.

We hope that knowing more about our business might inspire you to consider a future career with us. To find out more about our award-winning apprenticeship scheme and careers and hear from our colleagues, check out our website.



SCAN ME

www.enwl.co.uk/careers     

As part of our commitment to increase the number of women into STEM careers, we are inviting girls that want to learn more about our industry to come and join us for a week to see how Electricity Northwest keep the lights on!

[Click here](#) for a copy of the application form

NATIONAL APPRENTICESHIP WEEK

<https://amazingapprenticeships.com/naw/>

Week beginning 5th February 2024 is National Apprenticeship Week. Pupils in form will learn all about apprenticeships and why more and more companies are investing in the stars of tomorrow through apprenticeship schemes

Being One of Ours