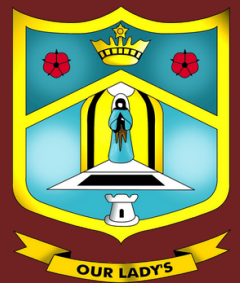


Our Lady's Catholic High School



Newsletter No. 20
23rd February 2024



The Theme Next Week: LENT – PRAY

The Transfiguration (Mark 9: 2-10)

This is my Son, the Beloved. Listen to Him.

Jesus reached out to so many people during his ministry on earth – the broken, the wounded and the lost. Through the Holy Spirit today, he calls to the deepest part of each person and transforms us with his love. In this week's Gospel, we see Christ transfigured by the love of his father. His face *'shone like the sun... His clothes became white as the light'*. He is changed by love.

During this season of Lent, pray to God for a few minutes each day and ask him to guide you and to show you the path for your life. Pope Francis suggests a few minutes of silence in front of a lit candle is enough. Just open your heart to God and his transformative love. He waits for us with open arms.

Dear Lord,

Teach us how to pray so that we may experience your transformative love.

Amen.

For prayer is nothing else than being on terms of friendship with God.

Teresa of Avila

BOOO Virtues

Congratulations go to:

Year 7: Melody Billington - compassionate and loving

Year 8: Olivia Slater - compassionate and prophetic

Year 9: Patrick McCaul - learned and wise

Year 10: Emily Boyle - curious and active

Year 11: Maja Skrzydlak - curious and active



Being One of Ours

Reconciliation Services and Confession



Reconciliation Services are now taking place in school. This is a time of reflection and prayer. Our visiting Priests will also be in school next week to hear confessions. This beautiful Sacrament of Reconciliation has been offered to all pupils who wish to receive.

APPLICATIONS

Head Boy & Head Girl

Calling all Year 10 pupils

The deadline for submitting applications for Head Boy, Head Girl, and Senior Prefect roles, is 4pm, 8th March 2024.

New!

OLCHS Social Media



facebook.com/OurLadysCatholicHighSchool



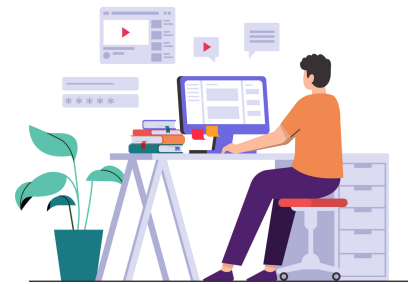
instagram.com/olchs_fulwood

Year 10 Work Experience

During the last week of the previous half-term our Year 10 pupils were given the opportunity to attend various places of work, and experience what it is like to work in the real world. A number of different work placements were attended by our pupils ranging from accountants, vets, nurseries, and beauticians. This year we saw a wider range of industries represented than ever before and some of our pupils used this as an opportunity to try out jobs that they aspire to in the future, including working as part of the Crown Prosecution Service, and for one pupil, as an astrophysicist working at Jodrell Bank radio telescope array.

We also received the news that **Emily Boyle** who was working with the Lancashire bakery, Williams Handbaked, has had her fantastic illustrations selected to be used in their entire Mother's Day campaign across all of their social media channels, emails and website. She has hand drawn all the illustrations of their biscuits along with jugs of flowers, candles, books etc. Her work is phenomenal and we would encourage you to check it out at www.williamshandbaked.co.uk.

Pupils gained valuable experiences and represented the school well, giving an exceedingly good account of themselves. A huge thank you to all of the employers and businesses who were willing to take our pupils for their placements, and we hope to engage with you again in the future.



World Book Day 8th March 2024

As a school community, we will be celebrating World Book Day on Friday, 8th March. Please encourage your child to *Be One of Ours* and celebrate the day with us, by dressing as a character from a book. The day is always a wonderful occasion, and we encourage everyone to take part in the fancy dress competition. There are lots of prizes on offer. Good luck to all competitors!

To ensure a fantastic day for all, please adhere to the following:

- The costume must be easily distinguishable / distinctive to the character;
- Hair colouring, make-up, jewellery, etc. are all allowed and encouraged, if in keeping with the character. The bigger, the better!
- Onesies are acceptable, if distinctive to the character;
- A copy of the book, or photocopy of the front cover of the book, must be brought into school and be kept with the pupil for the duration of the day (order from local library or school library, or photocopy beforehand, if not owned);
- No revealing clothes i.e. midriff showing, strappy tops or short skirts to be worn;
- No inappropriate slogans, messages, or images on any item of clothing;
- Pupils are not to simply wear their own recreational clothes (joggers and a hoody etc.). The character must be easily identifiable. Balaclavas are not allowed.
- All adornments (hair colours, etc.) must return to adhere our school uniform policy by Monday, 11th March.



MIND & BODY



Are you looking for a way to be more active and healthy?
Do you want to spend more time in the fresh air?
Are you looking for new ways to socialise with friends at school?
Is the stress of the upcoming exam season getting to you?



Introducing the Our Lady's Couch to 5K club,

beginning in March and working through a 10-week programme to build up stamina and resilience, as well as improving our mental and physical health.

When is it?

Mondays and
Thursdays, after
school, 3-4pm

What do I need?

PE kit, trainers
and a good
attitude!

Who can come?

Everyone is welcome,
beginners are
encouraged!

What next?

Sign up on the
sheet outside
rm34 (textiles)!

Any questions, please see Miss Deady in rm34

2024 Dates for your Diary

Thursday 7 March - Yr. 8 Futures Day

Friday 8th March - World Book Day

Tuesday 12 March - KS4 Information Evening 5pm to 7pm

Thursday 14 March - PSHE Day 3

Friday 15 March - Yr. 8 Blackpool Zoo Visit

Thursday 21 March - Yr. 9 Parents' Evening

Thursday 28 March - End of Term. School closes at 12.40pm



U15 Girls Indoor Cricket

On Wednesday the U15 girls travelled to Broughton to participate in the Preston Indoor Cricket Competition. There were just three schools involved as one school dropped out. The girls batted and fielded extremely well but were beaten by both Archbishop Temple 40 runs to 75 and by Broughton 43 to 60. Huge well done to all girls involved, we will strive to improve our scores for next year.



Taekwondo Success

Congratulations to Naomi, a pupil at Our Lady's, who last Saturday participated in the Ali's Dojang Open 2024 in London, her first competition this year. She participated in two categories - the Individual U14 Female and Team U14 Female.

In the Individual category, she got her personal best score and beat 15 players out of 20 to get into the Final, which was her target. In the Team category, her team clinched the 2nd position and won Silver medals. Naomi's next Taekwondo competition is in April and we wish her every success.



Year 7 Basketball

The Year 7 Basketball team have completed their group stage games as part of the Lancashire Cup competition. In their final 3 games of the group they won 2 and lost 1, finishing in 3rd place in the group. Against Corpus Christi the score finished 24-14 to Our Lady's with the team working hard to extend their lead in the final quarter. Another excellent performance saw Our Lady's beat Bishop Rawstorne 26-16, before a 37-28 defeat to Archbishop Temple. Finishing in 3rd place in the group should be enough to secure a place in the knockout stages which will take place in the coming weeks.



Careers

NATIONAL CAREERS WEEK

National Careers Week begins on 4th March 2024. All year groups will have an outside talk from local businesses with some year groups having two. In lesson time, pupils will engage in subject specific careers led links and there will also be a treasure hunt for pupils to engage with. We are very excited to celebrate and share the wonderful world of careers.

#NCW2024
VIRTUAL
Careers Fair

Additional resources to check out
for National Careers Week 2024

[Click Here](#)

OLCHS Careers Fair

On Wednesday 20th March 2024 Our Lady's will be hosting the annual Careers Fair. We are currently busy booking businesses to ensure pupils in Year 7 to Year 10 have the opportunity to attend the fair and start planting seeds for their futures.



If any parents would like to attend with their business, however big or small, please contact Mrs Lin at zli@olchs.lancs.sch.uk as we have 3 places left. We would be happy to welcome you.

Careers

Leyland Trucks (DAF Trucks)

On the last day of half term Mrs Lin travelled to Leyland Trucks Ltd to meet manager Mr Edmonds. Mrs Lin was given a tour of the site and introduced to staff, including Sarah who is a female lead technician who works on their fleet. Mrs Lin was also lucky enough to see some of Leyland Trucks brand-new fleet, which can only be described as out of this world. This connection with a major company is crucial in building relationships, which Our Lady's Catholic High School will absolutely benefit from. Mrs Lin has booked a couple of trips in May aimed at Year 9 & 10. Pupils will have the opportunity to visit the site and watch a truck being built in its entirety. More details to follow soon.



PRESTON
COLLEGE

Open Day
7th March 2024

If your child is interested in attending the Preston College Open Event on Thursday 7 March from 3pm till 7pm please [click here](#).

**The North West
Apprenticeship &
Careers Expo 2024
is coming soon!**

Exciting news! The #NWAPPEXPO2024 is just around the corner and we've got a fantastic new location. Get ready to connect with opportunities at the **Sir Tom Finney Sports Centre on 20th March 2024 from 12pm til 7pm.**

Any Yr 10 / Yr 11 pupils interested in attending, please see Mrs Lin.

Being One of Ours