

Our Lady's Catholic High School



Newsletter No. 22

8th March 2024



The Theme Next Week: BELIEVE The 4th Sunday of Lent. (John 3: 14-21)

Jesus said to Nicodemus:

God loved the world so much that he gave His only Son, so that everyone who believes in Him may not be lost but may have eternal life.

Nicodemus was a Pharisee and in a high position. He saw Jesus perform miracles and preach to the crowds about love and mercy. He wanted to believe in Jesus, but he was afraid. He was afraid of what others would say and do. To believe takes faith, but it also takes courage.

Do you believe?

O God, who enlightens everyone who comes into this world, illuminate our hearts, that we may always ponder what is worthy and pleasing to You and love You in all sincerity.

Through Christ our Lord.

(Taken from the Sunday Mass 10th March 2024).

BOOO Virtues

Congratulations go to:

Year 7: Finnley Foxall-Holmes - generous and grateful

Year 8: Mathilda Hall - compassionate and discerning

Year 9: Marc Seed - compassionate and loving

Year 10: Emily Barnes - learned and wise

Year 11: Ebony Cerqua - learned and wise



Being One of Ours

NATIONAL CAREERS WEEK 2024.

#NCW2024

For all things Careers and how we celebrated NCW2024 in school, please see the Careers section

**ATTENDANCE
MATTERS.**
ALL DAY, EVERY DAY

Congratulations Year 7

Congratulations Year 7 on exceptional attendance this week, 158 pupils achieved 100% attendance this week (88% of all Year 7 pupils), and the year group attendance as a whole was 97.24% which is well above the national average.

Well done to our Year 7 pupils for leading the way with exceptional attendance. Thank you to all our parents and families for supporting and continuing to raise the profile of excellent attendance.

PSHE Day 3

On the 14th March it is the PSHE Day 3, where pupils come off curriculum timetable to focus on different topics. This is the last instalment of the year and other topics are taught in information assemblies and form time.

Year 7

Respectful Relationships (friendships, families, equality and diversity)

Year 8

Being Healthy (health and prevention, drugs, alcohol and smoking/vaping)

Year 9

Relationships (Families, respectful relationships)

Year 10

Online Safety (online media, being safe, equality and diversity)

Year 11

Relationships (Being safe, respectful relationships, families)

Couch to 5K



This week saw the beginning of Miss Deady's Couch to 5K running club, starting on Monday after school and running every Monday and Thursday for ten weeks. At the start of the course, students and staff have run and walked in 60 second intervals - by the end of the course they'll be running for 30 minutes non-stop! Well done to all of our participants this week, we can't wait to see you all next time!

World Book Day 2024

It's the day we've all been waiting for... and what a fantastic day it has been in school. Pupils and staff have gone all out to celebrate World Book Day 2024 with amazing and creative costumes.

Well done everyone!

More photos will be added to our school social media pages.



Being One of Ours

Science Week



British Science Week: We are excited to celebrate British Science Week from 8th to 17th March. This year's theme is 'Time!' as we mark the 30th anniversary of this wonderful event.

Why celebrate Science Week?

- British Science Week is celebrated to inspire and engage people of all ages with the world of science, technology, engineering, and mathematics (STEM).
- It aims to showcase the importance of these fields in our daily lives and encourage more young people to pursue careers in STEM.
- By celebrating Science Week, we can foster curiosity, creativity, and critical thinking skills among students, helping them become the innovators and problem solvers of tomorrow.

Activities Happening in School

1. **Scientist Flag Hunt:** Can you match famous scientists to the flags of their birth countries? Teachers and support staff will have a sticker with the name of a scientist and their country of birth. Can you find all the scientists and match them to the flag on your bingo card? Earn bonus points for identifying what made these scientists famous. There are individual and form prizes up for grabs. Deadline for participation is 15th March.
2. **Form Time Quiz:** Don't forget to participate in the form time quiz by 15th March.
3. **British Science Week Competitions:** Get creative and design a poster on the theme of time. The top 5 entries will be submitted for the national competition. Submission deadline is 18th March.
4. **Year 8 Blackpool Zoo Trip:** Year 8 students will be heading to Blackpool Zoo on Friday 15th March to wrap up our Science Week celebrations.

We hope you get involved and we look forward to sharing the successes of the week with you in due course.



Information

International Women's Day 8th March 2024



To inspire inclusion means to celebrate diversity and empowerment on International Women's Day 2024 and beyond.

International Women's Day (IWD) is a global celebration of the social, economic, cultural, and political achievements of women. Each year, this day serves as a powerful reminder of the progress made towards gender equality and highlights the work that still needs to be done.

Online Safety



Each week, on a Wednesday, the National College for Online Safety release a colourful, easy-to-follow and insightful guide to an aspect of the digital universe that's causing concern, outlining related risks and suggesting ways to help children avoid them. It could be a video game, an internet-enabled device, an app or a more thematic threat associated with the online space.

For more information please [click here](#).

OLCHS SOCIAL MEDIA



2024 Dates for your Diary

Friday 8 March - World Book Day

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

Thursday 14 March - PSHE Day 3

Friday 15 March - Year 8 Blackpool Zoo Visit

Thursday 21 March - Year 9 Parents' Evening

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



Sporting News

Netball



On Wednesday, Our Lady's Year 7A and B Netball teams took part in the Preston Schools' annual tournament at Longridge. It was the students' first experience of such a big competition. However, they did not let this deter them. We were the only school in Preston to field a B team, which reflects the number of dedicated pupils we have in our school. Consequently, it was always going to be challenging for them. Despite this, the year 7B team showed great maturity and resilience against some extremely tough A teams. We managed a draw against Ashton but lost to Longridge and Archbishop.

Year 7A also conducted themselves in a professional manner demonstrating great sportsmanship throughout, combined with a steely determination and focus. As a result, they made it through to the semi-finals as winners of their group, having not lost a match. We found ourselves facing a tough Longridge side and the game was end to end. We were drawing at half time. In the second half neither team was able to pull away. However, we managed a late goal and managed to hold on to win 2-1, which secured our place in the final, where we met Archbishop. Again, the game was another nail biter, and it could easily have gone either way with both teams being very equally matched. Unfortunately, we were the ones to lose out as a result of a late Archbishop goal. The final score finished 2-1 to our competitors.

It was a fantastic afternoon of sport and Miss Lewis was extremely proud of both teams.



Sporting News

Basketball



Last week, our Year 10 basketball team played two games in the first round of the district U16s competition. In both games, they came up against tough opposition with many players being in Year 11 and also playing basketball outside of school.

Despite defeat in both games, the boys showed great character and represented our school tremendously well.

The second round of games will be played next week, with results to follow.

Table Tennis

It was the first week of the boys' U13 and U16 table tennis competition. As a school we were able to field an A and a B team into both age categories with the U13s A team winning both of their games on the night.

U16s had a rough ride of the first round of the games coming up against two of the stronger teams in the group, but talent on show was fantastic and all the boys came away with a smile on their face after a thoroughly enjoyable evening of healthy competition.



Football

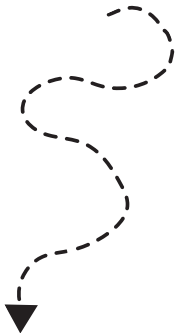


On Monday 4 March, the Year 9 boys' football team kicked off the start of their cup campaign with a comfortable win over Eden boys. It had been a while since the lads had played together in a competitive school match, but you wouldn't be able to tell having watched the performance. There were notable performances from Seth Lowe, Malakai Kaila and Ryan Taylor. A special mention has to go to the stand-in management team of Shay Sedge-Martins and McKenzie Gavin who were excellent on the side lines displaying fine leadership qualities on their management debuts. The lads will go on to play Corpus Christi in the next round of the cup.

National Careers Week 2024



Local Business Leaders & Career Specialists



As part of National Careers Week 4 - 9 March, Our Lady's has been very excited to celebrate and share the wonderful world of careers.

During the week, all year groups experienced an outside talk from local business leaders and career specialists. In lesson time, pupils also engaged in subject specific careers led links.

The week was a fantastic opportunity for pupils to gain an insight into the wonderful world of careers and start planting seeds for their futures.

BOOTHS

Y11's Careers Information Assembly was led by Louise Dunn who is the Learning and Engagement Manager at Booths. Louise talked about the various career opportunities available, such as Cyber Security, Finance, Marketing, Engineering and Production Planning, to name just a few at Booths.

Louise finished with some very wise words for Y11, which were perfectly timed as they are well into their revision programme. Mrs Lin and Louise then planned a visit to a local store and the opportunity for some OLCHS pupils to be part of the Butcher's academy later in the year. A huge thank you to Louise for sharing her time and knowledge with our pupils.

Careers

Flame Urban Spa

Former pupil Nicola, who left Our Lady's High School in 1993 and is the business owner of the very popular Flame Urban Spa Ltd in Fulwood came in and talked about her business success



Careers Advice

Careers awareness session led by our careers advisor Victor. Victor shared all pathways available to pupils when they leave school and the different courses including T Levels, A Levels, apprenticeships and BTECs.



Marketing | Social Media | Design

Former Our Lady's pupil, Nina Di Niro, came into school to talk about her career in Marketing, Communication & Branding.

www.instagram.com/_getsocial

Careers

A Career in the Police

We were kindly joined by PC Ashely Gibson and PCSO Martin Charnley who provided information on a career in the police force and the range of career opportunities within Lancashire Police.



Year 8 Futures & Entrepreneur Day

During National Careers Week, Year 8 participated in an Entrepreneur Day. The year group spent the day learning about: -

- careers,
- their pay,
- paying bills,
- savings,
- skills needed for particular jobs, and
- interviewing each other.

A huge well done to Year 8.

YOUNG ENTERPRISE

Young Enterprise give young people the life skills, knowledge and confidence they need to succeed in the changing world of work .

[instagram.com/youngenterpriseuk](https://www.instagram.com/youngenterpriseuk)

[facebook.com/YoungEnterpriseUK](https://www.facebook.com/YoungEnterpriseUK)

Being One of Ours

Careers during lesson time

Gatsby Benchmark 4 Careers in the Curriculum

Religious Education

Throughout the year we have occasional Careers link lessons in Religious Education. For example, year 8 learn about the role of paramedics when studying the Sacrament of the Sick. To celebrate Careers Week in RE, all classes have focused on MY FUTURE, MY CAREER, MY RE. Pupils reflected upon the importance of RE, careers that use RE and skills needed in these roles. Each year group found out what people say about how RE helps them in their career. Year 7 watched a clip about a sports reporter, Year 8 a fire fighter, Year 9 a chef, Year 10 a doctor and Year 11 a university student studying Philosophy, Politics and Economics.



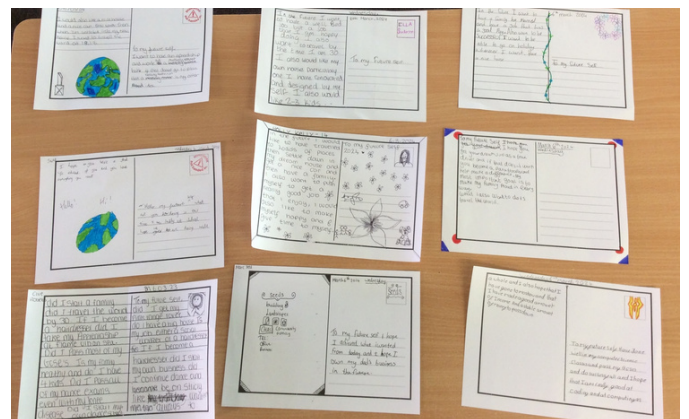
English

This past week, the English Department has celebrated National Careers Week with a range of activities tailored to each year group.

Our Year 7 pupils had the exciting opportunity to engage with a poet, author and OLCHS past pupil, Natalie Charlesworth, who visited our school on Friday. They listened intently as she shared her experiences and insights, inspiring them to think creatively about their future paths.

In Year 8, pupils embraced their creative side by exploring how careers are linked with the skills developed in English. They had the chance to write their own poems about careers that use skills developed in their English lessons.

Year 9 students embarked on a reflective journey as they wrote postcards to their future selves, expressing their career aspirations and hopes for the future. These postcards serve as reminders of the paths they wish to pursue and the goals they aim to achieve.



Careers

History & Sociology

In History and Sociology we have been looking at ways in which careers link to our curriculum. Some of the highlights have been:

Year 8 have heard from Jatinter Kailey who works for the Royal Palaces, especially at the Tower of London. She talked about how her studies of History have helped her to devise educational programmes for school groups attending the tower. This complements our Year 8 curriculum where we have been studying the challenges and opportunities facing the British monarchy.

Year 9 heard from Julian Lynch, a barrister, who talked about how his degree in History taught him invaluable skills for his career in the Law. He highlighted the need to weigh up evidence, be able to research and argue a point and reach a judgement. Some of our year 9s will have the opportunity to put these skills into practice as they put Germany on trial and decide how far they were to blame for the outbreak of the World War.

Finally, Year 11 Sociology have explored whether globalisation has changed our world of work and increased poverty.

PE

Within PE lessons this week, we have been looking at case studies of different jobs and career paths, which can be enhanced through a love of PE, school games and physical activity. One Year 9 class watched the story of Joe, a PGL outdoor activities instructor, and how his career has been shaped by discovering his love for outdoor adventurous activities within his PE lessons when he was at school.

Another class in Year 8 learned about the daily routine of Siobhan, head receptionist at Sheffield United Football Club.

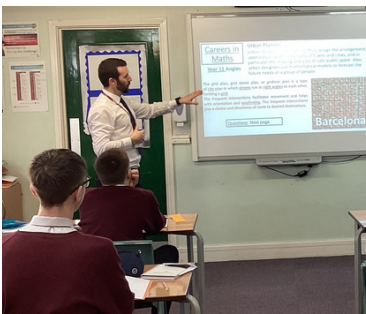
The idea of such stories was to raise awareness of the varied and diverse career opportunities within the sports industry without focusing on the more obvious 'fitness instructor, PE teacher, sports journalist' and similar roles.

Geography

In Geography during National Careers Week, we have looked at the following:

- Year 7 - Hydrologists, and how the Environment Agency helps reduce flood risk.
- Year 8 - Urban planning and how town planners can help improve life in towns and cities.
- Year 9 - The role of the United Nations and the jobs involved there in improving international development.

MATHS



In Mathematics this week, all students have explored potential careers that utilise mathematical skills. Year 7 have looked at being a Pharmacist, Year 8 a Structural Engineer, Year 9 a Nurse, Year 10 a Gardener and Year 11 an Urban Planner.

Students have had the opportunity to partake in tasks linked to these careers and discuss the career pathways, salaries and key skills required for the roles.

Careers

Design & Technology and Food

Year 10 pupils in GCSE Food Preparation and Nutrition had the opportunity to watch a video related to careers in the food and hospitality industry. This was followed by a talk from the teacher about their educational background and career in the food industry as a home economist and food stylist.

Key Stage 3 pupils continued to work as a graphic designer to produce a product that can be sold in a shop or promote a product. Pupils had the opportunity to watch videos and slides to see what this type of job entails.

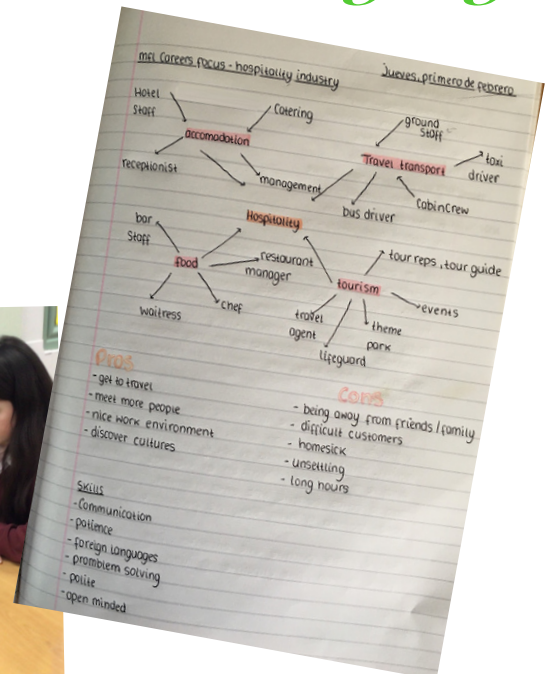
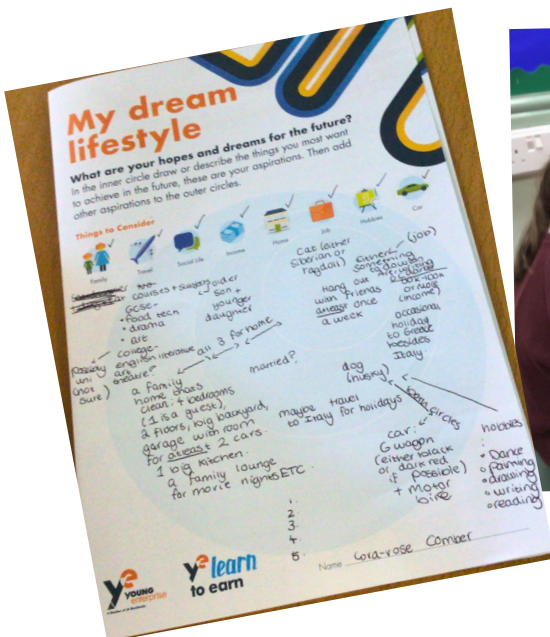
Key Stage 3 pupils have been working to briefs in the style of a real designer/maker, including doing market research, writing specifications, evaluating their own work at every stage and creating a marketable prototype. Year 9 pupils are working on collaborative design, working in the style of a large design company. Y10 students are currently preparing for a visit to a textiles factory where they will see first-hand the processes which lead to a product going out on the market.

Languages

In languages pupils have looked at a resource called 'Is it just about language?' from the University of East Anglia, and we discussed possible career paths that are less predictable with a languages degree, and looked at the skills involved in language learning that can help us across careers.

Pupils then considered their own capabilities and we added to that this week using the resources provided by Mrs Lin, adding to 'why choose MFL', and we added other transferable skills to our previous work.

Languages



Hospitality

Careers

Business and Health & Social Care

Within both Business and Health & Social Care the pupils have been engaged at the start of lessons with videos of different people showcasing their job roles and the pathways they took to get to where they are today.

Over the week we have looked at:

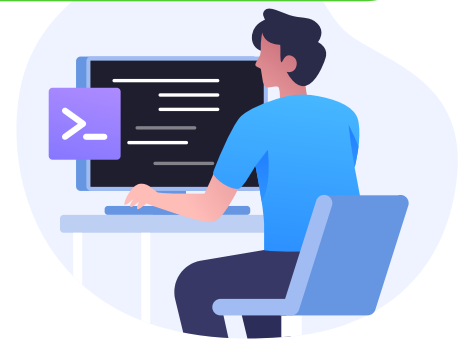
- A school nurse
- A procurement officer for the Scottish Parliament
- The Chief Executive of Boden
- An Emergency Planning Officer for Lewisham Council
- A Finance Manager for the Arcadia Group
- A Mechanical Engineer for the Red Arrows - RAF
- A Conference and Banqueting Manager - Coppid Beech Hotel

Computer Science

This week, to support National Careers Week, the Computer Science department have been discussing future careers that are related to IT and Computer Science.

We have discussed the different career paths that are available to pupils, from GCSE's through to Level 5 and 6 courses.

Pupils shared stories of their family and friends career paths and asked about how they may have got to where they are now. Pupils found that most jobs will use some form of IT or Computer Science skills.

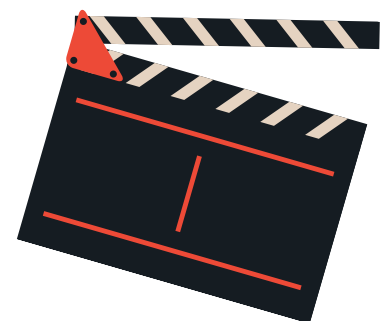


Drama

84 pupils are going to see Legally Blonde the musical in Blackpool, and pupils will have a tour of the venue. They will then have the opportunity to meet with the cast and have a question and answer session about their career choices.

Coming up, every pupil in KS3 will watch a dance performance by students from UCLAN. Afterwards the students will hold a Q&A session, not only about performing arts but about university prospects and university life. A select number of pupils will then take part in a workshop led by the University students.

On Monday we will announce this year's whole school production. This is open to all pupils in Y7-11. Pupils will have opportunities to take part, not only as performers but, costume support, technicians, backstage support, set building, musicians and many more.



Careers

Art

In Art, pupils looked at the creative industries and the wide scope of career opportunities that Art and Design can offer.

The pupils learned about graphic design and illustration, looking at the design work of an OLCBS Year 10 pupil, who created design work for a local biscuit company's Mothers' Day campaign, and the processes and skills needed in order to produce a successful outcome.

Pupils then went on to become designers for the lesson, designing a helmet for Sir Lewis Hamilton as part of a national design competition. The theme for the Formula 1 helmet design was inclusion and diversity, recognising the work that Hamilton does in raising awareness of racial prejudice and for social inclusion. The best entries will be selected by the art department and sent off to be judged in London.



Music

In Music during National Careers Week, pupils have looked at the following:

Year 7 - have studied what it means to be a professional musician, as part of an orchestra.

Year 8 - have delved into the role of a composer of film music, such as John Williams.

Year 9 - have discussed different styles of composition, including the narrative demands on a composer in modern musicals, such as 'Wicked'.

Year 10 & 11 - have continued to focus on their set GCSE works, studying the compositional techniques of composer Alan Menken, who wrote the hit musical 'Little Shop of Horrors'.

