

# Our Lady's Catholic High School



Newsletter No. 35

28th June 2024



## The Theme Next Week: New Life. (Mark 5: 21 – 43)

*'And taking the child by the hand Jesus said to her, 'Talitha, kum!' which means, 'Little girl, I tell you to get up.' The little girl got up at once and began to walk about, for she was twelve years old.*

Jesus does not disappoint those who look to him for help. Jairus, a Jewish official, is an unlikely person to be begging Jesus for help. However, this is exactly what he does. Jairus is afraid when he is told that his daughter is dead, but Jesus reassures him, "Do not be afraid; only have faith". Jesus says this at least 70 times in his ministry. These words to Jairus are for all of us, "Do not be afraid, only have faith".

Dear Lord,

I know that my fears are mere trials of faith, and they too shall pass in due time. There is no one else I trust more than You, Lord.

I pray that whatever I am feeling, let it not define the truth – that you are faithful and I am always going to be safe in your hands.

Amen.

## BOOO Virtues

Congratulations go to:

Year 7: Emrys Dowthwaite - intentional and prophetic

Year 8: Thomas Hogarth - attentive and compassionate

Year 9: Louie Brooks, Hannah Griffiths, - generous and grateful  
and Evie Holland Bass

Year 10: Owen Law - active and curious



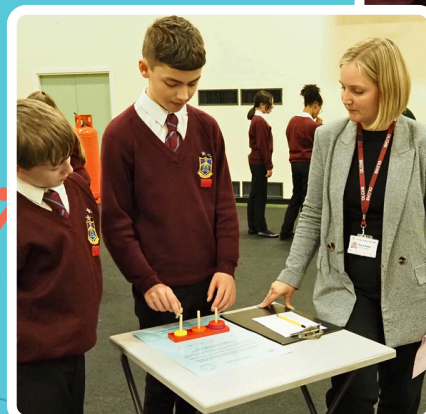
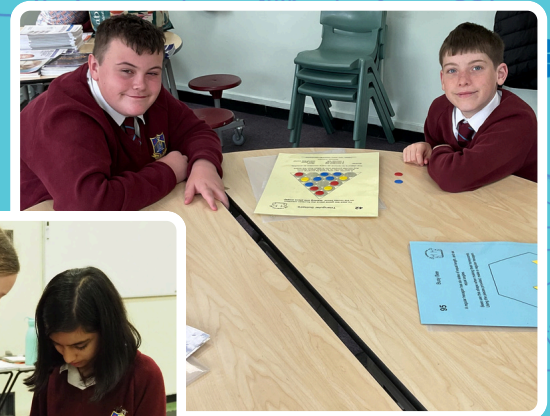
*Being One of Ours*

## FunMaths Roadshow!

On Thursday and Friday last week, pupils across all classes in Years 7 to 9 were invited to take part in a series of problem solving tasks in the FunMaths Roadshow, supported by pupils from 10x1E.

The event was made up of an exciting selection of over 40 tasks of different levels of difficulty, challenging both mathematical and logical skills. The event provided a different environment for pupils and in some cases pupils did so well they needed extra tasks!

Pupils showed great resilience as they worked together to find a solution and it was lovely to see pupils celebrating their successes and wanting to do more.



## 9B1 GEOGRAPHY

### RESEARCH PROJECTS

This half term, 9B1 have taken on an exciting geography research task for their homework; exploring topics that have piqued their interest during their Key Stage 3 studies.

From climate change to volcanoes, the range of topics has been impressive. Students delved deep into their chosen subjects, presenting their findings with creativity and enthusiasm.

These projects not only deepened students' understanding of geography but also honed their research and presentation skills. The enthusiasm and dedication shown by our students is commendable.





## SCIENCE WEEKLY CHALLENGE

The theme this week is:

### ELECTRICITY

If you can tell your science teacher the answers to the questions you can earn a point.

#### Video

Ever wondered about those temporary traffic lights and what's going on?

Sometimes it's to repair or provide new utilities such as electric, gas, water or telecoms. In London a new approach is receiving huge investment. Watch the video to find out more.

**Question 1:** For what new technology are the electric cables being installed?

<https://www.bbc.co.uk/news/av/uk-england-london-64431953>

#### Podcast

In the early days of power distribution there were two competing technologies, one pioneered by Thomas Edison and the other by Nikola Tesla. Both used copper which has a very high conductivity and is cheaper than some other metals that conduct electricity. Listen to the podcast on the element copper and then answer the following question.

**Question 2:** What were the two technologies?

<https://www.bbc.co.uk/sounds/play/p03n87w8>

#### Home Research

Solar panels are now seen quite commonly on house roofs. Do your own research to find out how they work and then answer the following question.

**Question 3:** Do solar panels generate Direct Current or Alternating Current?

## BOWLING NIGHT



On Wednesday 12 June, Terry, our school's youth worker, arranged a trip to Red Rose Bowling to support pupils and develop pupils' soft skills as well as an enrichment activity. All pupils behaved immaculately and presented themselves wonderfully.

It was great to see all pupils relaxed, happy and supporting each other. Both staff and pupils had a wonderful trip.

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## Year 8 & 9 Pupils

### YEAR 6 TRANSITION DAY MONDAY, 1 JULY 2024

Our next year's Year 7 pupils will be joining us for a day in school on Monday, 1 July 2024. As is our practice, **Year 8 and 9 pupils are to remain home on that day.** This will enable us to release teachers to work with the Year 6 pupils.

## YELLOW TUESDAY FOR THE RNLI

Following our celebration of Refugee Week, we are raising money for the RNLI, the Royal National Lifeboat Institution. Pupils are invited to support this charity by making a donation of £1 or more on SCOPAY. They can then swap one item of school uniform for something yellow on **Tuesday 9 July 2024**. They should still wear school uniform trousers or skirt.

Pupils wearing yellow may also wear yellow makeup and nail varnish on that day. Yellow ribbon (£1 a metre) and keyrings (50 pence) are also available from the Charity Committee.

We want everyone to get on board and show our love and compassion for the voluntary work that the RNLI does when saving lives at sea.

*Please donate £1 (or more) and wear one item of yellow for school on Tuesday 9<sup>th</sup> July to show your love and compassion for people around the world.*



# Information

## KEEPING CHILDREN SAFE ONLINE

It is our strong professional advice that children do not access social media platforms as the damage to their mental health and well-being can be significant. However, we appreciate that many of our children do use many social media platforms in the evening and some of the content they are exposed to can be of concern. Therefore, we want to support you as parents by asking you to speak to your child regularly about appropriate content and what to do when worried.

Below is a link which gives support in reporting harmful content.

[www.reportharmfulcontent.com/harms](http://www.reportharmfulcontent.com/harms)

## Changes to the School Mobile Device Policy



**CLICK  
HERE**

### OLCHS SOCIAL MEDIA



## Job Vacancy

Our Lady and St Edward's Primary school is looking to fill two vacant roles in school.

Role 1-school cook/catering manager

Role 2-After school club assistant.

Please contact Our Lady and St Edwards school office for further information.

**Tel. 01772 862305**

## 2024 Dates for your Diary



Monday 1 July - Year 6 Induction Day

Tuesday 2 July - Prefects' Ball (Evening)



# Information

## Why am I being given this flyer?

Because it's currently against the law to ride an e-scooter on a public road or pavement.



**Lancashire**  
Road Safety  
Partnership

[www.lancsroadsafety.co.uk](http://www.lancsroadsafety.co.uk)

Lancs Road Safety  
 @LancsRoadSafety

We understand that buying an e-scooter can be tempting, especially as you can get them from many popular retailers.

### However, the current law is clear

You can buy one but you can't ride it on a UK public road, cycle lane or pavement. The only place an e-scooter can be used is on private land.

### Why is this?

E-scooters are classified as Personal Light Electric Vehicles (PLEVs), so they are treated as motor vehicles and subject to the same legal requirements, such as:

- MOT
- Licensing
- Tax
- Insurance

As e-scooters do not have number plates, signalling ability and don't always have visible rear lights, they can't be used legally on the roads.

### What happens if I've been stopped by Lancashire Police?

Lancashire Road Safety Partnership and Lancashire Police understand the public's support for environmentally friendly modes of transport. We want to work with the public to make sure the roads are safe for everyone.

The UK Government is currently taking part in 'Future Transport Zone' trials for e-scooter hire, with a view to making them legal to use on the roads.

All local authorities can apply to take part, but at the moment, Lancashire are **NOT** part of the trials.

Section 59 of the Police Reform Act allows police to give road users a warning if they are reported to have used their vehicle in a manner which causes alarm, distress or annoyance. Lancashire Police also have the powers to seize vehicles - please make sure you keep your e-scooter on private land so this doesn't happen to you.

**SMART**  
schoolwear

54 Lancaster Road, Preston, Lancashire, PR1 1DD  
Web: [www.schoolwearpreston.co.uk](http://www.schoolwearpreston.co.uk) | E-Mail: [info@smartschoolwear.net](mailto:info@smartschoolwear.net)  
Tel: 01772 200 842 | Mob: 07894 541507 | WhatsApp: 07847 888798

OUR LADY'S CATHOLIC HIGH SCHOOL

**20% OFF**

when you spend £90 or more  
instore only.

OFFER VALID UNTIL 15<sup>TH</sup> AUGUST 2024 – DON'T MISS OUT!!!

**INTEREST FREE INSTALMENT AVAILABLE**  
Shop early, spread the cost in easy payments and with the final payment – Everything is yours!!

**OPENING HOURS**  
Monday to Saturday – 9am to 5:30pm  
Sunday – 11am to 4pm  
**TIMES ARE FROM 14<sup>TH</sup> JULY TO 8<sup>TH</sup> SEPT**

We offer home deliveries, and you can also purchase directly from our website:  
[www.schoolwearpreston.co.uk](http://www.schoolwearpreston.co.uk)

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Tel: 01772 200 842 | Mob: 07894 541507 | WhatsApp: 07487 888798

OUR LADY'S CATHOLIC HIGH SCHOOL

### SPECIAL OFFER FOR NEW STARTERS

**GIRLS UNIFORM**  
JUMPER  
TWIN PACK BLOUSE  
SKIRT/TROUSER  
**£55**

**BOYS UNIFORM**  
JUMPER  
TWIN PACK SHIRTS  
TROUSER  
TIE  
**£55**

**GIRLS PE UNIFORM**  
HOODY  
POLO SHIRT  
SKORT  
SOCKS  
**£55**

**BOYS PE UNIFORM**  
RUGBY TOP  
POLO SHIRT  
SHORTS  
SOCKS  
**£55**

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**#WakeUpWednesday**

## What Parents & Educators Need to Know about GAMBLING

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards.

### WHAT ARE THE RISKS?

- MANIPULATIVE ADVERTISING**  
Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, fostering addiction, promoting misleading expectations, eroding mental health, affecting social norms, posing regulatory challenges, influencing ethics and other ethical issues. Effective regulation, responsible advertising practices and public education are essential to mitigate these concerns and address the potential harms associated with excessive exposure to manipulative advertisements.
- ADDICTIVE FEATURES**  
All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so often – with rapid spins and multiple betting options. For example, betting on sports events, especially with live-in-play betting options, can be highly engaging and addictive. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.
- PEER PRESSURE**  
Exposure to gambling through friends, influencers or social circles can normalise risky behaviour and create unrealistic expectations about the chances of winning. Addressing peer influence requires support services, responsible advertising practices and effective education on the subject to minimise the impact on children and promote healthier choices.
- IMPACT ON MENTAL HEALTH**  
Gambling can exacerbate mental health issues such as anxiety, depression, and stress – especially if it leads to financial loss. Individuals with existing mental health conditions may use gambling as a coping mechanism – but the cycle of gambling can worsen their symptoms, creating a detrimental impact on overall wellbeing. Integrated support services and treatment options are crucial to address these interconnected challenges effectively.
- GATEWAY BEHAVIOURS**  
Certain features of other products – such as video games that offer in-game purchases – can lead to gambling among young people. These mechanisms can sometimes be designed to exploit psychological vulnerabilities, encouraging repeated spending to acquire virtual items or advantages. Such practices can normalise the associated risks and desensitise young people to putting their or their family's money in danger.
- FINANCIAL DIFFICULTIES**  
The most common impacts of online betting come in the form of financial losses and debt. This, in turn, can lead to distorted perceptions of money, deterioration of relationships, social isolation, and poor academic and career outcomes. Regular gambling can even exacerbate other risky behaviour by making it seem less significant – potentially leading to a cascade of health impacts and financial loss.

### Advice for Parents & Educators

- ENCOURAGE OPEN DISCUSSIONS**  
Sporting events can be a good opening for conversations about gambling, as some sponsorships may reference and even glamourise it. Talk to children about how these promotions might have led and encourage frequent conversations about any concerns they may have. Adverts, influencers and online platforms may also feature gambling products. It is important to encourage their critical thinking skills to help them avoid being manipulated by this type of marketing.
- KNOW THE WARNING SIGNS**  
Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased secrecy, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and maintain a supportive, non-judgemental environment. Try to familiarise yourself with resources and helplines for assistance and guidance.
- MONITOR SPENDING**  
In-game purchases can be appealing to children, allowing them to unlock new features or characters. Items in the store should talk to them from by playing. Talk to children about how they spend money online, especially in retail video games they play and encourage the conversation. Consider setting up restrictions on their device, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.
- GET FURTHER SUPPORT**  
Support and treatment for young people is available via the Young People's Service of Gamblers, who can be contacted at 0800 022 022. It is also available if you receive additional advice. Don't hesitate to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

**Meet Our Expert**  
Ygam's mission is to prevent children and young people from experiencing gambling and gambling harms through awareness raising, education, and research. The charity was established in 2014 as a result of the lived experience of their founders.

Source: See full references in the accompanying report.

@wake\_up\_weds | /www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

Years of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.08.2024

## WHAT PARENTS & EDUCATORS NEED TO KNOW ABOUT GAMBLING

A 2023 report from the Gambling Commission found that 40% of 11-to 17-year-olds had some experience of gambling in the preceding 12 months. That's a significant number of children and young people involved in an over 18s activity.

2023 Report >>

Engagement and exposure to gambling can impact one's finances, mental health and wellbeing. It is crucial we are all aware of the risks and know how to protect and support our children.

It is quite challenging to protect our children against exposure to gambling at any time, but especially around major sport events like Euro 2024 ⚽.

This week's Wake up Wednesday guide tackles the most prominent risks that gambling poses to young people, and explains how best to protect against them.





# ROUNDERS

## Year 9 & 10

# Sporting News



The Year 9 and Year 10 rounders squad have been training exceptionally hard over the past few weeks in preparation for Tuesday's Preston Schools Tournament held at Archbishop Temple.

We were the only school to take two teams in both year groups, which is testament to our pupils' commitment to extracurricular sport.

We had just under forty students in attendance which was fantastic.

Both the A and B teams performed well in their separate groups, conceding only one match each.

This resulted in both teams advancing through to the semi-finals, where the A team faced Broughton and the B team found themselves up against St. Cecilia's.

Both games were exceptionally close with all four semi-finalists competing well. Unfortunately, our opponents were just a little more consistent with their batting and managed to score a few more runs.

However, our students conducted themselves brilliantly and both Miss Lewis and Mrs Lin were exceptionally proud of everyone involved.



## SPORTS LEADERS

On Tuesday morning, 28 of our sports leaders were invited along to assist with the running of Fulwood and Cadley Primary School's annual sports day. The OLCHS young leaders were prophetic in their representation of our school, guiding the young primary pupils through the various activities and scoring each on their teamwork, positivity and skill.

It was a delight for OLCHS staff to stand back and observe the maturity of our students which was commended by Fulwood and Cadley's headteacher, Mrs France.

Following this event, 12 of the leaders will now go on to assist with St Mary and St Andrew's Primary sports day on Friday.



**You never know, maybe future PE teachers in training!**



## YEAR 7 & 8



The Year 7 and Year 8 rounders teams were in action on Wednesday away at Moor Park. Although the weather conditions were not in our favour, the teams did not let this deter them and both had a comfortable lead by half time. Batting and fielding remained consistent in the second half and we managed to retain our lead. Year 7 won six and a half rounders to three and a half, and Year 8 won ten to five and a half.

# ATHLETICS

The annual Preston district school's athletics competition took place on Friday 21 June at UCLan sports Arena and Our Lady's was represented by 50 pupils across Year's 7-10.

The weather was glorious throughout the day and the tremendous efforts put in by all our pupils made it a fantastic occasion for all involved.

After being crowned winners in 2023 we were hoping to retain our title, though we knew it would be tough against some other strong local schools. In the U13 category Our Lady's finished 3rd place while the U15 team finished in 2nd. Overall the school finished in 3rd place.

The PE department were extremely proud of all our pupils that represented the school, with each one demonstrating impeccable sporting values.

The individual event winners were:

## U13's

- Dottie-Grace Alty **100m**
- Jemma McMaster **200m**
- Chiamaka Ezeani **Shot Put**
- Umika Patel **Javelin**
- Girls Relay team

## U15's

- Luke Kane **1500m**
- Pranay Modashia **Triple Jump**
- Heidi Clark **Hurdles**
- Isabelle Potts **Discus**

# Being One of Ours



# Careers



## TASTER DAY

On Wednesday, sixty Year 10 pupils travelled to Preston College for a Taster Day. After a little sing song of “The wheels on the bus” on the coach we arrived at Preston college.

Pupils were given three different lessons from various areas of the college where they showed great enthusiasm to meet new people and learn new skills. The pupils engaged with their sessions wonderfully and were an absolute credit to Our Lady’s Catholic High School.

A big thank you to Preston College and their staff for making us feel so welcome.



## RADIO THERAPY STUDENT OPEN DAY

Saturday 20th  
July 2024



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, situated in the radiotherapy department at Rosemere Cancer Centre-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](mailto:education.radiotherapy@lthtr.nhs.uk)

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