



Our Lady's Catholic High School

A National Teaching School



Friday, 22 January 2021

The theme for next week is The Good News. (MARK 1: 14 – 20)

I come that you may have life, and have it to the full (John 10:10)

The meaning of Repentance: To be truly sorry and to turn back to God. He will show you compassion and comfort. The Good News is not complicated. It is simply about repentance. By choosing to repent, we can change our lives. We can begin again and again and again! Every moment can be a fresh start if we choose it to be. This is the Good News. Jesus died and rose again so that we could have life and have it to the full. Amen!

Lord Jesus,

You show me compassion and give me comfort.

Thank You for saving me, forgiving me and for Your amazing grace.

Amen.

Dear Parents and Carers

This week has gone very well. Pupils in school have adjusted to the minor changes of routine needed to make our operation as efficient as possible. Teachers continue to develop their expertise with online learning though there will always be the occasional hiccups. Pupils learning from home have been very supportive of the efforts of their teachers and they appear to understand that we are all doing our very best to deliver as supportive and meaningful a provision as possible.

We have our lateral flow testing in place and staff are receiving regular tests each week for COVID 19. No sooner have we got that under way than we are told that the testing of staff should be twice a week rather than once a week. This is one of many examples of how information continually changes, and we must adapt and do our best to meet those requirements.

The next move is to offer the lateral flow tests to the pupils who are in school. No one may be tested without the completion and receipt of a consent form so please expect contact about that if your child is attending. The tests are simple to undertake, and the person being tested does the swabbing themselves. It is then passed to one of the team who does the analysis part, and the person must simply wait patiently for 30 min to see whether a single red line has appeared (indicating negative), or two red lines (indicating positive). To date, we have had no positive cases revealed by the lateral flow tests and no 'void' test results which suggests we are doing the tests correctly. For clarity, it is ONLY staff who are to receive weekly testing at present. Pupils receive two tests in succession ONLY.

Wishing you a lovely weekend.

Nigel Ranson
Headteacher

RECIPE OF THE WEEK - CHILLI

Please see below our first Recipe of the Week which will be a regular feature during lockdown. Many of our pupils will have already made some of these meals during Food Tech lessons and we are sure that they will be able to help you out with the recipe.

Ingredients

- 500g minced meat or meat alternative
- 1 onion
- 1 x 400g can chopped tomatoes

- 1 vegetable stock cube
- 2 tablespoons tomato puree
- 1 x 400g can kidney beans, **drained & rinsed**
- 1 teaspoon cumin
- 1 teaspoon mild chilli powder

1. Gently fry minced meat or alternative in 1 tablespoon of oil for 3-4 minutes until mince is lightly browned.
2. Prepare and dice onion, add to mince.
3. Add cumin and chilli powder, cook for **1 minute only**.
4. Add remaining ingredients and 100ml water. Stir.
5. Bring to boil (full heat).
6. Simmer (medium heat) for 15 – 20 minutes. Taste to check seasoning.
7. Serve with rice or jacket potato.

FLOURISH PROJECT



Please see below for details of a new, ready-to-use online resource for building pupils' self-esteem and increasing positive well-being. It helps with developing healthy habit formation, positive self-talk, aspirations and goals. Each pupil has their own logon to a secure portal enabling the learning to be virtual or in school. For a sneak preview play the show-reel at: <https://protonfoundation.com/flourish-online/> Further information will be shared about this resource at the following meetings:

- 8 February at 10am
- 11 February at 13pm

Join Zoom Meeting

<https://us02web.zoom.us/j/81737969947?pwd=V1d0QUR3Q1VhTkVQNHVkMW5FY083dz09>

Meeting ID: 817 3796 9947

Passcode: 904274

Please contact rachel.adkins@protonfoundation.com with any questions or queries.

Dates to remember

Friday, 12 February 2021 – School closes for half-term

Monday, 22 February INSET day School closed for all pupils

Tuesday, 23 February – School opens

Wednesday, 24 February Year 7 Careers Day

Friday, 26 March - School closes for Easter at 12.45 pm

Monday, 12 April - School opens for the Summer term