



Our Lady's Catholic High School



Newsletter No. 31
19th May 2023



Prayer Theme Next Week: I will not Leave You (John 17:1-11)

Help me to walk in you, Spirit of God.

You are the one who produces these gifts in me:

love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

I cannot live out these things on my own.

I need you.

Amen

BOOO Virtues

Congratulations

Year 7: Charlotte Dudaniac

Compassionate, attentive and discerning

Year 8: Eva Nixon

Eloquent and truthful

Year 9: Henry Monks

Learned and wise



Year 10: Mark Anas

Eloquent and truthful

Year 11: Holly Ashe

Hopeful and faith-filled



28th - 30th June 2023

Tickets are now on sale for this year's school production of Shrek the Musical.

After a long period of pandemic restrictions, this year's cast are so excited to be back and are working hard in rehearsals for what promises to be a fabulous performance.

All tickets are digital for this year's performance and will be scanned on the door. To purchase your tickets, please use the QR code or web link below:



<https://www.ticketsource.co.uk/our-ladys-catholic-high>

Geography News

Year 10: Geography Field Trip - River Wyre

Last week, over three days, pupils from Year 10 studying GCSE Geography visited four sites along the River Wyre and the flood defences in Garstang.

The trip was a fantastic opportunity for pupils to investigate the course of the river using industry equipment, collecting data and drawing conclusions from the information collected. Pupils measured the width and depth of the river at four different sites. They used clinometers to measure the gradient and a hydroprop to measure the flow of the river at each site. Pupils explored the rocks and timed the speed of a float to make comparisons between each site.

Despite the weather, pupils had a great day and will be using these experiences in the classroom in their next module.



News

Year 8 Entrepreneur Competition Winners

Congratulations to the winning Year 8 team 'Space Paint' who came first place in the final of the 2023 Entrepreneur Competition.

Well done to all Year 8 pupils who have successfully taken part in this year's competition run through their Design & Technology lessons. Pupils were given a £10 loan by OLCHS and were challenged to make as much profit as possible, setting up their own businesses. Well done to all the finalists:

- Scrumptious
- Sunflower Incorporated
- Keyring Entrepreneur Keychains
- Triple Tombola
- Penalty Heroes
- T.H.E. Keychains
- Page Keeper



Year 7 Fund Raising

On Wednesday, Year 7 organised a cake sale to raise money for the Salvation Army Food Bank. A huge thank you for your kind donations.

The sale was a huge success and raised £170.

Well done to all the pupils involved.



Vocational Courses

Level 1 Hair and Beauty Course at Preston College

Year 10 pupils are currently working on the theory and practical elements of their Level 1 Hair and Beauty course at Preston College.

Pupils experience time working in the rear of the Elements salon at Preston College, practising their skills on hair head blocks as well as exploring the theoretical elements of their course in the classroom. In recent weeks, pupils have learnt about plaiting techniques.



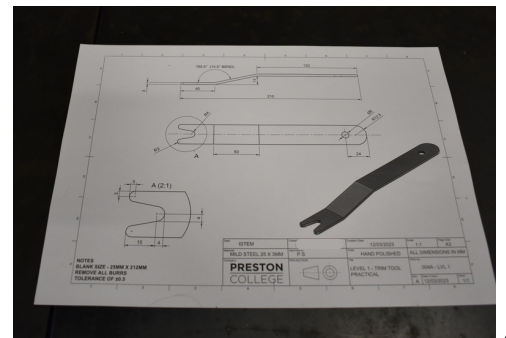
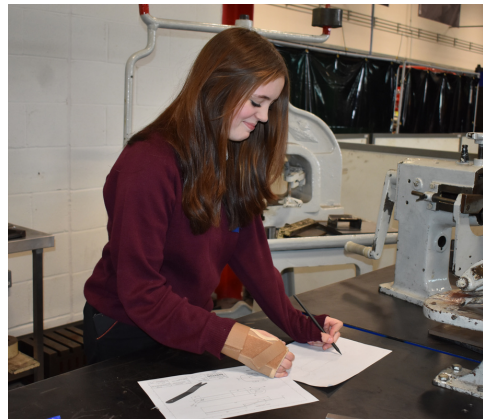
Level 1 Automotive Course at Preston College

A number of our Year 10 pupils have opted to study Automotive skills with one of our education partners, Preston College.

The course involves a mixture of theory and practical activities at the iSTEM Centre on the Preston College campus.

Pupils learn about light vehicle maintenance and safe working practices.

In recent weeks, pupils have been using technical drawings and learning a variety of skills to construct a trim tool.



Sports News

Wales Under 16 Football Team

A huge congratulations to Year 10 pupil Bruce. He was selected to represent Wales Under 16 football squad in a competition that saw him playing against the national teams of Greece, Finland and Hungary.

Bruce plays for Blackburn Rovers and was one of just eighteen boys selected for the Welsh national side. Bruce played Left Back in all three of the matches and even got an assist against Finland. As a result of competing in the tournament, Bruce has now gained his third cap for Wales, which he will receive at a ceremony taking place in two weeks.

An absolutely fantastic achievement and we wish Bruce every success for the future with his football career.



Lancashire Athletics Championships

Last weekend, Jemma McMaster represented Preston Harriers at the Lancashire Athletics Championships that took place at Witton Park. Jemma competed in the 100m and 200m. Jemma finished an impressive third in both events earning herself a place in the finals. A huge well done.



Double Champions

Congratulations to Harrison Collinson, Mckenzie Gavin and Lee Reed on achieving 'the double' at the weekend.

The boys were crowned Champions of the League Cup (George Bamber Memorial Cup Winners) 2022/2023.

An absolutely fantastic achievement. Well done.

Burnley FC Contract

Congratulations to Oliver who has received a two year extension to his contract as goalkeeper for Burnley Football Club.

Oliver has been with the club for five years. This is an amazing achievement. He has managed to carefully balance the demands of his training with keeping on top of his school work. Well done Oliver.

A fabulous achievement.



Football News



English Schools' National Final

Congratulations to Holly, Evie and Heidi who competed in the English Schools' National Final for Lancashire at the weekend. The match was held at Stoke City Football Club against Gloucester school, where the game was streamed live.

To be part of this team is a significant achievement in its self but win to so convincingly just shows the talent we have in Lancashire and at OLCBS. The final score was 3-1 to Lancashire.

Well done girls. Memories for life.



Information

Dates for your Diary

- Friday, 26th May - School closes for half term holidays

Half Term

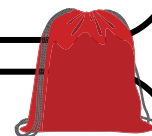


- Friday, 9th June - Duke of Edinburgh Bronze practice expedition
- Thursday, 15th June - Sports' Day
- Tuesday, 27th June - Prefects' Ball
- Wednesday, 28th June - Friday 30th June Shrek the Musical school production
- Thursday, 29th June - Year 6 Parents' Talk
- Tuesday, 11th July - Sports' Presentation Evening
- Friday, 14th July - Rewards trip
- Friday, 21st July - School closes for the summer at 12:45pm

Children and Criminal Exploitation

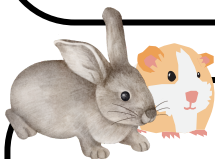
Please find below a link to the Children's Society Guide for parents concerned about their child and criminal exploitation.

www.childrensociety.org.uk/sites/default/files/2020-09/Guide-for-parents-worried-about-child-being-criminally-exploited.pdf



Lost Property Collection

We have a lot of lost property at the moment in school. Should your child be missing any items of their uniform or school property, we are holding collection times next week during the school day. Each year group will be allocated at specific time slot. Any items not collected will be donated to charity.



Animal Care Donations

If anyone has any food, hay or equipment suitable for rabbits and guinea pigs, our Animal Care team would be extremely grateful for any donations.

Cleaning equipment, like spare dust pans and brushes are always really useful too and donations are much appreciated.

Artificial Grass



If anyone is able to donate or allow school to borrow a large piece of artificial grass for the end of June, we would be very grateful. If this is something you can help us with, please contact Mr. Pill on email: jpi@olchs.lancs.sch.uk

Information

Workshops for Parents:



Course Outline

Course: Together Workshop For Parents: You and Your Young Person

Duration: 2.5 Hour session

Format: Virtual or Face to Face closed courses. Open access virtual evening delivery is running regularly throughout the year.

Course Description:

This workshop is aimed at supporting parents/supporters of children who struggle with their mental health. The workshop promotes understanding by sharing and learning with other members of the workshop. Providing tips and techniques in supporting family wellbeing when your young person is struggling.

Course Content

- Facilitated by an experienced mental health trainer.
- Audio visual training resources.
- Information and resources to support children and young people.
- Lancashire Mind Wellbeing Passports for children and young people.
- Lancashire digital wellbeing pack for Parents and young people.

Learning Outcomes:

Alongside other parents and carers, attendees will explore:

- Myths and facts surrounding mental health.
- Common signs and symptoms.
- Dealing with Challenges.
- Communication and reflection.
- Where to get Support
- Self care and family wellbeing.

Course Outline

Course: Together Workshop For Parents: Understanding Self Injury Together

Duration: 2 Hours

Format: Virtual or Face to Face closed courses. Open access virtual evening delivery is running regularly throughout the year.

Course Description:

This Together Workshop is aimed at supporting parents/supporters of children who struggle with self-injury behavior. The workshop was co-produced with CYP professionals and parents; and aims to support parents and carers whose children or young people self-injure. The workshop validates the lived experiences of parents and carers and supports them in managing self injury behavior of a child or young person by destigmatizing the behaviour and promoting awareness of practical strategies.

Course Content

- Facilitated by experienced mental health trainer.
- Audio visual learning aids.
- Access to a Self Harm Safe Kit which will include physical kits and resources (whilst available) or downloadable alternatives for them to access and use freely.

Learning Outcomes:

Alongside other parents and carers, attendees will:

- Have a better understanding of the stigma around self-harm.
- Have a better understanding of how to promote effective communication around self injury behaviour.
- Have confidence in responding to their child/young person's emotional aftercare following self-injury.
- Have a better understanding of strategies to support their child or young person

To book your workshop contact training@lancashiremind.org.uk

The City of Preston Annual

Corpus Christi Procession



at St Walburgess' Shrine Church

Sunday 11th June 2023 at 2.00pm

All Parishioners and Parish groups, Schools, Colleges, Choirs, Uniformed organisations, Readers, Religious, Clergy, Catholic Organisations, Families, Children and especially, First Holy Communicants, are all invited to take part, on this special and important Feast Day, in this public act of Witness of our Faith.



giftaid it
making donations go further

If you are a parent/carer who currently donates to Gift Aid please could we kindly ask that if your details have changed, i.e. name or address, you are no longer a tax payer or have paid insufficient tax during 2022/23 to cover the tax that will be reclaimed on all your donations, please contact Mrs Y Reeves in the Finance Office or email yre@olchs.lancs.sch.uk. Thank you.

Being One of Ours

Information



“Join us for an adventure of a lifetime with 5th Preston Scout Group!”

Our Beavers, Cubs, and Scouts programs offer exciting opportunities to explore the outdoors, make new friends, and learn new skills.
5thPreston.org.uk

Mondays
Beaver Scouts (ages 6-8)

Tuesdays
Indiana Explorer Unit (ages 14-18)

Thursdays
Scouts (ages 10½ -14)

Fridays
Cub Scouts (ages 8-10½)

All sections meet at The Douglas Hall on Douglas Road in Preston PR2 3AR. For exact meeting times, please contact us at enquiries@5thpreston.org.uk



NSPCC

10 Ways To Keep Children Safe



A free 10-minute digital training to empower every adult to know what to do if a child needs help.

To sign up and take the training:

www.nspcc.org.uk/support-us/listen-up-speak-up/



Aspiring Clubs for year 10, 11 and 12

2023/24

Our Aspiring Clubs are aimed at giving you a taste of life as an apprentice. Whether you are an Aspiring Engineer or interested in becoming an Optician, we have lots of options available.

Aspiring Engineers

A 6 week course delivered in engineering workshops on a Saturday morning covering:

- Milling
- Turning
- Fitting
- Sheetmetal / welding
- Computer Aided Design (CAD)
- CNC machining

When:
Date TBC - please register your interest on the website and we'll let you know as soon as the next Aspiring Club is confirmed

Cost:
There is a small cost to cover materials which is £20

Aspiring Automotive Technicians

A 6 week course delivered in automotive workshop on a Saturday morning covering:

- Paint spraying cars
- Body repair
- Car and HGV engines
- Carrying our simple car checks

When:
Date TBC - please register your interest on the website and we'll let you know as soon as the next Aspiring Club is confirmed

Cost:
There is a small cost to cover materials which is £20

www.training2000.co.uk/aspiring-clubs



Aspiring Accountants

- A 3 hour taster session covering:
- Current apprentices as guest speakers
 - Balance sheet activity
 - Double entry bookkeeping activity
 - Accounting board game
 - Accountancy in the working environment
 - Accounting card games

When:
Mon 3rd July 2023 | 9.30am - 12.30pm
Mon 12th February 2024 | 9.30am - 12.30pm

Aspiring Business Professionals

- A 3 hour taster session looking at:
- Decision making
 - Prioritising
 - Project planning
 - Communication in the workplace

When:
Mon 3rd July 2023 | 1pm - 4.30pm
Mon 12th February 2024 | 1pm - 4.30pm

Aspiring Dental Nurses

- A 3 hour taster session introducing you to:
- The role of a Dental Nurse
 - Surgery tour looking at equipment and instruments
 - Mixing alginate impression material
 - Discuss oral hygiene and diet
 - Current apprentices as guest speakers

When:
Mon 17th July 2023 | 9.30am - 12.30pm
Mon 11th March 2024 | 9.30am - 12.30pm

Aspiring Optical and Healthcare Professionals

- A 3 hour taster session looking at:
- Eye conditions
 - Demonstration of magnifiers
 - Different prescriptions and trial frames
 - First aid and CPR
 - Bandaging activity
 - Recovery position activity

When:
Monday 17th July 2023 | 1 - 4pm
Monday 11th March 2024 | 1 - 4pm

Interested?

For more information and to book visit our website or email info@2000.co.uk.
www.training2000.co.uk/aspiring-clubs



Training 2000 Ltd is a company limited by guarantee. Registered in England: 2386673 Registered Charity: 791779
March 2023 M1022 ©Copyright Training 2000 Ltd

Being One of Ours

Information

Year 10: Problem Solving Workshops



This programme is for high achieving Year 10 Maths pupils, who are looking to expand on their current problem solving skills. The group will meet each Wednesday over a 3 week period in June and cover different subjects, exploring the various ways to approach problems. Two sessions will be online with one delivered on campus in the brand new building near to Cardinal Newman College. Any Year 10 pupils who are interested can enrol via the link below:

www.go.cardinalnewman.ac.uk/form/year10problemsolvingworkshop?event_id=109

For more information on this event and other free Outreach Programmes available take a look at the LUSOM website using the link below:

www.lusom.ac.uk/home-page/outreach/outreach-for-students/



Aspiring Clubs for year 10, 11 and 12

2023/24

Our Aspiring Clubs are aimed at giving you a taste of life as an apprentice. Whether you are an Aspiring Engineer or interested in becoming an Optician, we have lots of options available.

Aspiring Engineers

A 6 week course delivered in engineering workshops on a Saturday morning covering:

- Milling
- Turning
- Fitting
- Sheetmetal / welding
- Computer Aided Design (CAD)
- CNC machining

When:
Date TBC - please register your interest on the website and we'll let you know as soon as the next Aspiring Club is confirmed

Cost:
There is a small cost to cover materials which is £20

Aspiring Automotive Technicians

A 6 week course delivered in automotive workshop on a Saturday morning covering:

- Paint spraying cars
- Body repair
- Car and HGV engines
- Carrying our simple car checks

When:
Date TBC - please register your interest on the website and we'll let you know as soon as the next Aspiring Club is confirmed

Cost:
There is a small cost to cover materials which is £20

www.training2000.co.uk/aspiring-clubs



Training 2000

Aspiring Accountants

A 3 hour taster session covering:

- Current apprentices as guest speakers
- Balance sheet activity
- Double entry bookkeeping activity
- Accounting board game
- Accountancy in the working environment
- Accounting card games

When:
Mon 3rd July 2023 | 9.30am - 12.30pm
Mon 12th February 2024 | 9.30am - 12.30pm

Aspiring Business Professionals

A 3 hour taster session looking at:

- Decision making
- Prioritising
- Project planning
- Communication in the workplace

When:
Mon 3rd July 2023 | 1pm - 4.30pm
Mon 12th February 2024 | 1pm - 4.30pm

Aspiring Dental Nurses

A 3 hour taster session introducing you to:

- The role of a Dental Nurse
- Surgery tour looking at equipment and instruments
- Mixing alginate impression material
- Discuss oral hygiene and diet
- Current apprentices as guest speakers

When:
Mon 17th July 2023 | 9.30am - 12.30pm
Mon 11th March 2024 | 9.30am - 12.30pm

Aspiring Optical and Healthcare Professionals

A 3 hour taster session looking at:

- Eye conditions
- Demonstration of magnifiers
- Different prescriptions and trial frames
- First aid and CPR
- Bandaging activity
- Recovery position activity

When:
Monday 17th July 2023 | 1 - 4pm
Monday 11th March 2024 | 1 - 4pm

Interested?

For more information and to book visit our website or email info@2000.co.uk.
www.training2000.co.uk/aspiring-clubs



Training 2000 Ltd is a company limited by guarantee. Registered in England: 2386673 Registered Charity: 791779
March 2023 M1022 ©Copyright Training 2000 Ltd

Being One of Ours



ARE YOU IN YEAR 9, 10, 11 OR 12 AND INTERESTED IN DESIGN, ARCHITECTURE AND PLACES?



JOIN PLACED ACADEMY

our **FREE** award-winning creative programme

You'll meet professionals in the industry, learn about careers, take on creative design challenges, develop skills, enhance your CV, and make new friends.

WHEN: July 2023 – April 2024

JULY 2023

4 DAY SUMMER SCHOOL:

Monday 24th -
Thursday 27th July

SEPTEMBER - APRIL

MONTHLY CREATIVE
DESIGN DAYS:

One Saturday a month

MONTHLY SKILLS
WORKSHOPS:

One evening a month

JULY 2024

GRADUATION!

- Participate in creative projects, develop design, communication, problem-solving & teamworking skills.
- Grow in confidence and shape future decisions about where you live.
- Enhance your CV and applications for higher education and work.
- Learn about careers in the built environment, from architecture to urban design and construction.
- Take part in professional development activities & mentoring with industry professionals.

APPLY ONLINE



APPLICATIONS ARE NOW OPEN AND WILL
CLOSE ON FRIDAY 16TH JUNE

The PLACED Academy is open to everyone in year 9, 10, 11 and 12, and we welcome people of all abilities and backgrounds.

Supported by our Partner Liverpool City Region Combined Authority & funded by companies from across the built environment sector.

Careers

Current Vacancies Our Ladys' Catholic High School

- Pastoral Support Mentor (26.67 hours/week) - Closing date: Monday, 22nd May
- Senior Science Technician (27.5 hours/week) - Closing date: Monday, 5th June
- Lay Chaplain (37 hours/week - term time only) - Closing date: Friday, 16th June

For the full details, please take a look at the school website and download an application form. The deadline for all applications is 12 noon on the dates shown above:

www.olchs.lancs.sch.uk/school/information/vacancies

Training 2000: Vacancies - May 2023



Accountancy:

Accountancy Apprenticeship

Gow and Partners Ltd.

Blackburn

Vacancy ref: 00000485

Weekly wage: £198.00

Business Administration

Business Admin Apprentice

Fylde Office Service Bureau Ltd.

St. Annes

Vacancy ref: 00000524

Weekly wage: £195.36

Automotive:

Vehicle Refinishing Paint Apprentice:

BK Bodyworks Ltd.

Rawtenstall

Vacancy ref: 00000589

Weekly wage: £211.20

Business Administration

Business Administrator Apprentice - Freight

Cargo Movers Ltd.,

Samlesbury

Vacancy ref: 00000319

Weekly wage: £198.00

Business Administration:

Business Administrator Apprentice

School Synergy Ltd.

Preston

Vacancy ref: 00000531

Weekly wage: £250.00

Business Administration

Apprenticeship Business Administrator

Earful Ltd.

Bolton

Vacancy ref: 00000571

Weekly wage: £198.00

Being One of Ours

Careers

Training 2000: Vacancies - May 2023



Business Administration - Accounts

Business Administrator Apprentice

Go Electrical Wholesale (Blackpool) Ltd.

Blackpool

Vacancy ref: 00000567

Weekly wage: £198.00

Dental Nursing

Apprentice Dental Nurse

Camden Place Dental Implant Centre Ltd.

Preston

Vacancy ref: 00000593

Weekly wage: £273.00

Business Administration

Business Administrator Apprentice:

Estate & Letting Agent

Harbour Properties

Preston

Vacancy ref: 00000246

Weekly wage: £174.24

Engineering

Multi-skilled Maintenance Apprentice

Freudenberg Sealing Technologies Ltd.

Blackburn

Vacancy ref: 00000510

Weekly wage: £198.00

Business Administration

Sales Assistant Apprenticeship

Go Electrical Wholesale (Blackpool) Ltd.

Blackpool

Vacancy ref: 00000596

Weekly wage: £198.00

Engineering

Toolmaker and Tool & Die Technician Apprentice

Presspart Manufacturing Ltd.

Blackburn

Vacancy ref: 00000516

Weekly wage: £213.20

Dental Nursing

Apprentice Dental Nurse

St. Anne's Private Dental Practice

Lytham St. Annes

Vacancy ref: 00000545

Weekly wage: £198.00

Engineering

CNC Machining Apprentice

Presspart Manufacturing Ltd.

Blackburn

Vacancy ref: 00000604

Weekly wage: £213.20

For more information on any of the roles above and to keep up to date with new opportunities please use the link below:

www.training2000.co.uk/apprenticeships/vacancies

Applications should be made through the website.

Being One of Ours