

# Our Lady's Catholic High School



Newsletter No. 8

8th November 2024



## Remembrance Day - Monday 11th November (John 15: 12-13)

*My command is this: love each other as I have loved you. Greater love has no one than this: to lay down your life for your friends.*

November is the month dedicated to remembering those who have gone before us. This Sunday many people will be attending services of commemoration for those who have given their lives in service due to conflict or terrorism, around the world and at home.

*They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them.*

Laurence Binyon (1869 – 1943)

O God of the nations,  
as we look to that day when you will gather people from north and south, east and west,  
into the unity of your Kingdom, guide with your gentle wisdom all who take counsel  
for the nations of the world, that all your people may spend their days in security, freedom, and peace,  
through Jesus Christ, our Lord.

Amen

## BOOO Virtues

Congratulations go to:

Year 7: Durell Farnworth, Marli Sangwa, Oscar Girling - faith-filled and hopeful

Year 8: Mia Simpson - loving and compassionate

Year 9: Annaleise Kelly - faith-filled and prophetic

Year 10: Betsy Lee - grateful and generous

Year 11: Tehreem Mushtaq - faith-filled and hopeful



*Being One of Ours*



# PE

## *in the Spotlight*

### **What have we been learning this term in PE?**

Boys and girls are taught in single gender classes and therefore cover slightly different sports over the course of the year. That said however, the aims and outcomes of the PE curriculum remain the same for all pupils - ensuring all learners have the ability to progress physically, socially and emotionally.

Boys began the year looking at improving their skills in Rugby and Table Tennis, and girls have

completed units of Badminton and Netball - the mix of team and individual sports allows for development of motor competence (the skills you can perform well) as well as personal skills such as resilience, perseverance and teamwork amongst many more. Over the course of a school year, our students will learn the different skills of around eight different sports.

These skills are revisited and further built upon year on year to show continual development and the opportunity to master the skills in their respective sporting area.



*Being One of Ours*

## What does assessment look like in PE?

Gone are the days where PE was just for those in the school football team and those who play sport outside school. Modern PE is about learning about the body and the ways in which we can lead a healthy and active lifestyle long after we have left school. With this, there is, of course, an element of lessons in which pupils are assessed in their practical ability and their performance, but there is equal priority given to assessing their understanding of rules, strategies and tactics along with their involvement in healthy competition -

two areas which have transferrable skills important for success in a wide range of career paths (not just those linked to the sports industry).

Pupils are continuously assessed within lessons looking at their ability to perform skills in isolation, their resilience at handling situations that may not have gone the way they expected, their analysis and problem-solving abilities and also their teamwork and communication skills. At the end of each unit, all skills developed over the unit will be assessed holistically within healthy competitive situations to allow pupils to practice and perform to their highest possible standard.

## Extracurricular opportunities in PE

The PE department have a huge extracurricular offering. Whether it is table tennis matches at lunchtime or netball after school, every pupil at Our Lady's has the opportunity to attend our clubs and participate in recreational sport.

We appreciate our lunchtime is relatively short therefore anyone wishing to take part in these clubs only need to change their shoes for their trainers - maximising the time being active and enjoying playing sport. Afterschool clubs allow for a lot more time and opportunity to focus on our performances therefore we do require attendees to bring their full PE kit.

### “ PUPIL QUOTES ”

**Archie, Yr 7**

*I like coming to clubs at lunchtimes because they are fun to be at and gives me chance to try different sports I haven't done before.*

**James, Yr 7**

*Clubs give me something to do at lunchtimes and spend time with my friends.*

**Olivia, Yr 8**

*Clubs are fun, and my friends go so I might as well go and enjoy myself too!*



# OLCHS Sports Teams

Representation in a school sports team is a big deal and something that we love to celebrate here at OLCHS!

*Keep your eyes peeled for match reports and success stories in the school newsletter each week.*



*Being One of Ours*

## Annual Awards Evening

The PE Department also hold a Sports Awards Evening at the end of each year to celebrate the commitment and dedication of the many students who have represented our school in district, county and national competitions.

For many years, this has been a formal awards ceremony at Bartle Hall - showing the prestige and importance we place on our mini athletes.



## Meet the PE Team

### **Mr Waring (Principal Teacher of PE)**

Years at OLCHS: 2

Favourite sport to teach: Rugby or Volleyball

### **Mr Newsham (Assistant Principal Teacher)**

Years at OLCHS: 17

Sporting hero: Joe Root

### **Mrs Lin (Learning Manager for Year 9)**

Years at OLCHS: 22

Career highlight so far: Winning the Lancashire Cup with U14 Girls 2023/24 - the first time this cup has been won by any team in over 20 years!

### **Miss Lewis**

Years at OLCHS: 23

Personal sporting highlight: Playing netball for Lancashire at the AO Arena before an England game - scoring 8 goals!

### **Mr Horn (Assistant Headteacher)**

Years at OLCHS: 2

Favourite sporting quote: "I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." — Michael Jordan

### **Mrs McNeela (Assistant Headteacher)**

Years at OLCHS: 9 years

Sports played outside of school: Hockey, Park run and Triathlon

# CASTLERIGG

visit

YEAR 7



In an inspiring gathering held last month, Year 7 students participated in our annual Catholic retreat, aimed at deepening their faith and fostering community among peers.

The retreat hosted at Castlerigg in the beautiful setting of Keswick, featured a variety of activities designed to promote reflection, prayer and teamwork. Students engaged in workshops, focused on key themes of faith, growth, hope and service. This retreat allowed our pupils to step away from their everyday routine and connecting with God and each other.

Highlights of the retreat included group discussions, interactive games, party night and reflection items, allowing students to contemplate their personal journeys. We shared a heartfelt Mass, where students had been involved in readings and creation of the bidding prayers.

As the students returned to their studies, the retreat left a lasting impression, reminding them of the values of compassion and community that lie at the heart of their education here at Our Lady's Catholic High School.

## News



*Being One of Ours*

# SCIENCE WEEKLY CHALLENGE

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

## Science In The News

This week's *Science In The News* looks at two new industries involved in the production and management of renewable energy.

Read about plans for Scotland's first turbine blade factory and then answer the following questions:

<https://www.bbc.co.uk/news/articles/cnee8dk7yewo>

**Question 1:** How many megawatts can the new design Vestas 3 blade turbine produce?

**Question 2:** How many homes would one turbine power?

Now read about what is being done to store surplus renewable energy and then answer the following questions:

<https://www.bbc.co.uk/news/articles/crgg81j2xdpo>

**Question 3:** What medium will be used to store the surplus energy?

## Home Research

The last article says that the storage medium will be cryogenically frozen.

**Question 4:** In the context of the article, what does cryogenic mean?

# News & Information

## English

In the English Department during **Black History Month**, our KS3 pupils have been exploring the lives and themes of influential figures in Black culture, with a special focus on Stormzy, the Black British rapper and songwriter. His impactful song "Superheroes," paired with a captivating animated video and a BBC article, sparked meaningful discussions about representation and resilience in our LRC lessons. Following this, some pupils took the opportunity to create fact files and short biographies, allowing them to research and celebrate these important figures in a creative way.



# STORMZY

## English Bedrock Learning

Online event Year 7 parents can access to learn more about Bedrock.

[CLICK HERE](#) 



### 2024 Dates for your Diary

**Sunday 10 November**  
Remembrance Sunday

**Monday 11 November**  
PSHE Day

**Monday 11 November**  
Remembrance Day

OLCHS SOCIAL MEDIA



*Being One of Ours*



# Information

## Online Safety.....



**NOVEMBER '24 NEWS**



## LIVE PARENT/CARER SLEEP WEBINAR

Sleep is a **SUPER** Power

We all need sleep, and some of us would like even more of it!

This webinar aims to provide an overview for parents/carers on the purpose of sleep, the impact of poor sleep, and advice and strategies to improve sleep and overcome some common sleep difficulties. The strategies may be applied to both adults and children and young people.

When:



Thursday 28th November 6pm – 7pm

Sounds, great? Sign me up!

Register for our webinars using the following link or scan our QR Code:

SCAN ME



**MORE INFORMATION** >>>



COMPASSBLOOM@COMPASS-UK.ORG 01772 280123

@COMPASSBLOOM

UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF



## LUSoM Taster Day

Saturday 9th November

10:00 - 12:30



LANCASTER UNIVERSITY  
SCHOOL OF MATHEMATICS

Our Taster Day is a fantastic opportunity for high attaining mathematics students to experience what it is like to study here at LUSoM.

LEARN MORE



*Being One of Ours*

## FOOTBALL

### ENGLAND WOMEN'S UNDER 16 SQUAD

Our Lady's pupil Evie was recently selected for the under 16 England women's football team, whilst still only being in Year 10. The squad played two away fixtures against Switzerland last week. Evie was one of three Goalkeepers, but was the first to be selected to play 65 minutes of the opening game, which England won convincingly 4-2. The second game was a three all draw.

An absolutely amazing achievement by Evie. We wish her every success with her England career.



### Year 11 Boys Football

The Year 11 boys football team travelled to Morecambe Bay Academy on Friday 1st November for their first round match in the Lancashire Schools' Cup competition. The game was a thrilling encounter with Our Lady's leading 1-0 for the majority of the game after Josh Jackson scored from close range. Only for Morecambe to score an equaliser and to go on and win the game in the last minute of extra time.

The OLCBS team were disappointed to lose in such a fashion but should be pleased with how well they played and the determination they showed to take the game to extra time.

### Year 7, 8 & 9 Girls Football

Huge congratulations to the Year 7 girls football team who made a fantastic start to their Preston Schools' football league. We played Broughton B, Archbishop Temple A, Moor Park and Fulwood. The girls won all of their fixtures and played some fantastic football as a team. We go again this week for four more fixtures.

On Monday the Year 8 & 9 girls travelled to Ashton to play their overdue league fixture. With girls football numbers being so high we also took additional players to play a friendly fixture. Both teams played end to end football creating some wonderful opportunities. We managed to secure a 5-0 win over Ashton with goals coming from Amelia Buchan and Zuzanna Rapa.

Well done girls.



## NETBALL YEAR 9 & 10

On Monday, we hosted Broughton in the Preston Schools' netball league. Year 9A and 10A were first on court. Both teams established an early lead over their opponents and dominated play down court. We kept our consistency in the second half and continued to build on our lead. The final score was 15-5 for the Year 9 team and 18-1 for Year 10.

Players of the match went to Romy L and Emma F respectively.

The B team were next on court and faced Broughton's A team. We were the first to score, and got two goals in quick succession. However, Broughton slowly got themselves back into the game. The final score was 6-3 to Broughton. Player of the match went to Betsy L.

## YEAR 11

The Year 11 netball team competed away at Moor Park in the Preston Schools' netball league on Thursday. We were missing a few key players and were a little slow to get into the swing of the game. However, after a half time talk, we finally got into our stride and began to pull away convincingly.

The final score was 15-6 to Our Lady's.

Thanks go to Emma F, Year 10, who stepped up to play following some absences. She was also awarded with player of the match.





## BBC Tour VISIT

As part of our careers provision we were very pleased to welcome the BBC last week into school. Years 7 to 10 received a presentation about working for the BBC and the wide variety of roles available. The pupils listened to the career journeys from 3 different guest speakers and were also able to ask questions.



## SPEED NETWORKING Year 11

Last Wednesday we invited 23 different employers into school for our annual Speed Networking event. All Year 11 pupils spent 5 minutes with each employer and had the opportunity to ask questions with regards to their career.

Year 11 were outstanding. We hope this event has planted some seed for future careers and helped pupils make informed decisions.

Thank you to everyone involved especially Mrs Lin and the office team, Aimee and Katie, for organising such a wonderful and valuable event for our pupils.



## Arnold Clark



Whether you're leaving school soon, wanting to kick-start your career or fancy a change in direction, our apprenticeships allow you to learn new skills and develop the ones you already have. From Technician to Customer Service Apprenticeships, our applications are now open for March 2025.

LEARN MORE



### Careers Lunchtime Drop-In **YEAR 11**

Year 11 careers lunchtime drop-in  
Monday 11 November  
OLCHS Maths Block  
[click here](#)

## CARDINAL NEWMAN COLLEGE

### OPEN DAY EVENTS



**BASE** BRITISH  
ARMY  
SUPPORTING  
EDUCATION

  
**ARMY**  
BE THE BEST

11/24

## ARMY CAREERS NEWSLETTER

**CLICK  
HERE**