

Our Lady's Catholic High School



Newsletter No. 38

14th July 2023



Prayer Theme: Sowing Seeds (Matthew 13:1 - 23)

In listening to the parable of the Sower, I can identify with each of the different types of soil. At times, I am “on the edge of the path”. I sit in Mass and, come the end of the readings, I remember nothing. Other times I listen, something strikes me, and I enthusiastically respond, but it doesn't last. Sometimes, I really do intend to see it through, but life is so busy. And then occasionally, I really do take the Gospel message to heart, I make changes and I can see it bear fruit, often in unexpected ways.

What I need to do though is to nurture and improve the soil into which the “Word of the Kingdom” is falling. I must break up the hardened parts on the edge of the path and remove the rocks and the thorns through time spent with the scriptures, in prayer and spiritual reading. Cultivated in this way, I hope to be more productive in building the kingdom in this world.

Lord of Creation,
open our ears to hear your word,
our hearts to respond,
our eyes to see where we are called to act
and our hands to do your work.
Amen.



Lockers

All pupils are required to empty the contents and remove the locks from their existing lockers by Thursday 20th July. The padlocks should be taken home and kept safe ready for September, when new lockers will be allocated.

Any padlocks which are not removed will be cut off and pupils will need to buy a new padlock at the cost of £10.00, which is refundable on the return of the padlock when your child leaves Our Lady's. Pupils are not allowed to use their own padlocks, they must purchase one from school.

BOOO Virtues

Congratulations

Year 7: Emily Salisbury
Grateful and generous

Year 8: Owen Skeffington
Compassionate and Loving

Year 9: Freddie Mercer
Active and curious

Year 10: Emily Woods
Eloquent and truthful



Nerf Torpedo Competition

On Thursday, after school, a group of Year 7 boys and girls competed in the third and final interform tournament of the year. Over the past two half terms, students have participated in dodgeball and bench ball. This time it was a Nerf torpedo competition.

It was a fantastic turnout with over 30 pupils in attendance. There were some really close games and great sportsmanship was shown by all participants.

The overall winners were 7L who were undefeated. Second went to U, third O, 4th D, 5th A and 6th R.



Rounders: Year 8



A huge well done to the Year 8 Rounders team. They have been training hard in preparation for the annual Preston Schools' Rounders Tournament.

Pupils kept their composure, batted consistently and were tactical when fielding.

We won four out of seven matches, losing only narrowly to Broughton, Longridge and Archbishop Temple. Consequently, we finished third overall. A fantastic effort to everyone involved.

Sports News

Sports Presentation Evening

On Tuesday evening, pupils were invited to Our Lady's annual Sports Presentation Evening at Bartle Hall.

A lovely evening was had by all reflecting on the the wealth of sporting achievements of the last academic year.



Manchester United

Congratulations to Evie who as signed her first contract with Manchester United having moved over from Blackburn, Congratulations also go to Holly who has recently signed her third contract with the club too.

We are so proud of your both and wish you the very best for the upcoming season.



Being One of Ours

Information

Dates for your Diary

- Friday, 21st July - School closes for the summer at 12:45pm
- Friday, 1st September - Inset day (Pupils at home)
- Monday, 4th September - School opens for Year 7 pupils only
- Tuesday, 5th September - All pupils return to school



The
Children's
Society

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

Request for Uniform

If anyone has any good quality uniform that they no longer require, we would be very grateful for any donations. We are particularly short of girl's school trousers. We thank you for your kind donations.

Instrumental Lessons

From September 2023, we will be changing from our existing system to a PDP (Parent Direct Payment Scheme). In order to continue with instrumental lessons at Our Lady's, parents/carers will need to register by following the link below, prior to the end of the Summer Term, to ensure a September start.

If your child currently has a LMS Instrument on loan, this will need to be returned to school no later than Monday 3rd July; even if they are registering to continue with instrumental lessons in September. Instrument hire can be completed as part of the registration process, by following the PDP link. You may be entitled to claim free instrument hire. LMS will continue to cover the costs of instrument hire for pupils eligible for free school meals.

On the LMS, PDP website, select the 20 minute option only. Please note that even if you select another type of lesson, we will be unable to provide this. No group lessons will be taught at OLCBS. Ensembles will continue to be provided fee of charge, as part of our extra curricular timetable.

If you have any further queries, please do not hesitate to contact Mr. Robinson via email: pro@olchs.lancs.sch.uk. <https://uklancashire.speedadmin.dk/registration#/>



Information

DOCTORS LIVE



In this exciting 4-week programme, students will journey into the fascinating world of diseases and learn what it's like to be a doctor.

The online interactive course combines real-life medical cases with real-time clinic simulations and guest speakers from varied specialities to share an insight into their lives. Each week we will cover a different set of diseases. The course is tailored for students aged 14+ and no prior medical knowledge is required.

The programme will run virtually every Wednesday throughout August 2023 and is perfect for any student contemplating pursuing a career as a doctor or in healthcare. We have received excellent feedback from previous courses and are thrilled to be able to offer this opportunity.

Early bird registration for the entire programme, which includes program access, recordings, programme chat board, handouts and certificates, is £39.50.

More information and enrolment can be found on our website at:

<https://doctorslive.co.uk/deadlydiseases/>

community gateway



LOCAL SCHOOLS UNIFORM BANK

We are running a uniform bank during the summer and kindly request donations of Uniforms, P.E Kits, Shoes & Coats in good, useable condition for;

Ashton Primary School
Lea Community Primary School
St Bernard's Catholic Primary School
Ashton Community Science College
Our Lady's Catholic High School

Collection points:

Between 10th July and 1st August 2023
Oaktree Court (Wed 17:30-19:30 & Thur 10.30-12.30)
Tesco Express Lea (06:00-23:00 7 days a week)

Uniform Bank Dates:

Oaktree Court, Presall Road, PR2 1PQ
Monday 7th August ~ 18:00 - 19:30
Friday 11th August ~ 13:00 - 14:30
Saturday 12th August ~ 13:00 - 14:30



Preston Holiday Activity Fund Offers

You will need your FSM booking code which you will receive if you're FSM eligible or entitled to book with this scheme.

For support booking, please call the dedicated support line: 07879 774978 (hosted by Care Network 9am - 5pm, Monday to Friday).

<https://getstuckin.org.uk/preston-holiday-activity-fund-offers-2609/>

Being One of Ours

Information



Can You Make a Difference?

Read Easy Preston provides free one-to-one training for adults who cannot read but want to learn. We are run entirely by volunteers and currently have 20 people learning to read and more on our waiting list. Readers are taught in mutually convenient public venues such as local Libraries which we have vetted.

To expand our service we need more **Coordinators**, a **Publicity Officer** and a **Venues Officer**

Coordinator duties include: -

- Assessing and enrolling potential readers,
- Pairing readers with Coaches and
- Supporting Coaches.

Coordinators should have good communication and organisational skills. Could this be you?

Publicity Officer: -this position on our Management Team requires using networking and social media skills to raise awareness of the work that Read Easy does. Can you help?

Venues Officer: - this post on our Management Team requires someone to find suitable public venues, to carry out risk assessments and to liaise with venues so that we can continue to coach our readers safely. Can you do this for us?

Volunteering with **Read Easy Preston** is an exciting opportunity to help others and make a real difference in our community.

If you would like to volunteer, please contact Maureen on 07948 392228 or via mail at prestonrecruitem@readeasy.org.uk.

We would love to hear from you.

Read Easy Preston is a registered charity (Charity number 1197019)

RADIOTHERAPY STUDENT OPEN DAY

Saturday 19th Aug
2023



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 on Sat 19th of Aug. Situated in the radiotherapy department at 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

Young Researchers Network Event: Saturday 15th July

11am to 3pm at Media Innovation Suite,
the Media Factory, University of Central Lancashire



This day is a chance to find out what some of the groups connected to the Centre for Children and Young People's Participation have been up to over the last few months and for young people to join projects if they want to. Current collaborative, young people instigated projects focus on 'Challenging stereotypes of disability', and 'How does school impact wellbeing and mental health?'

The groups will share their projects with you, and we hope you will be able to share things you have been doing with them. We are interested in all forms of participation, not just research, and we hope that by coming together we can create new ideas for projects and events in the future.

This event is free, fun and we will provide your lunch! The day will involve sharing ideas about issues young people think need research and action, lunch and 3 practical sessions around the projects to give you an idea of what young people led research can involve including audio recording, survey testing, group discussion and content mapping. If you would like to register for the event, please contact Deborah Crook: dcrook5@uclan.ac.uk or Zoe O'Riordan: ZORiordan@uclan.ac.uk.

Being One of Ours



STEM
TUTORING
Year 10
Introduction to
GCSE CS

Data Representation
Computer System Architecture
Searching and Sorting Algorithms

AGES: Age 13 - 14
TIMING: 10am - 1pm
DATES: 31st July - 4th August



Year 11
Preparation For
Exams

Algorithms
Programming
Data representation
Computer systems
Computer networks
Cyber security
Digital technologies
in society

AGES: Age 14 - 15
TIMING: 10am - 1pm
DATES: 23rd August - 29th August



For the new Year 10 and new Year 11 students, Nxt Gen Innovators are offering 5 day courses of 15 hours in Computer Systems,

For the new Year 10 pupils - the course runs from 31st July - 4th August, 10am - 1pm.

For students entering Y11 - the course runs from 23rd August to 29th August, 10am - 1pm.

The cost for the summer master classes course is £95.

If you would like further information or would like to book on the course, please contact:
jaspalsingh@nxtgeninnovators.org.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION

13+

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18

CENSORED

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over-16s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

TikTok can be addictive, especially for young people: compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS
National
Online
Safety
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.03.2023

Information

THE FOXTON CENTRE SUMMER Programme

FREE FOR ALL

24TH JULY - 2ND SEPTEMBER 2023
FOOD PROVIDED EVERYDAY

JOIN US OVER SUMMER FOR SOME AMAZING OPPORTUNITIES FOR YOUNG PEOPLE AND THE FAMILY!!

THE FOXTON CENTRE,
KNOWSLEY ST, AVENHAM,
PRESTON - PR1 3SA

REGISTER ONLINE: SAMUEL.GREGSON@THEFOXTONCENTRE.CO.UK

ACTIVITIES:

FOOTBALL TRIPS
ARTS & CRAFTS
TEAM GAMES

BINGO
FARM DAY
MOVIE NIGHTS
REPTILE ENCOUNTERS

and more!

tfc
we are here




YOUNG PEOPLES GROUPS:

MONDAYS & WEDNESDAYS - SENIORS - 6.30-8.30PM - AGES 11-16 (HIGH SCHOOL AGES)

TUESDAY & THURSDAYS - JUNIORS - 6PM-8PM - AGES 8-11 (PRIMARY SCHOOL AGES)

WEDNESDAYS - TRANSITION GROUP - 4PM-6PM - AGES 10-11 (HELPING YOUNG PEOPLE TRANSITION INTO HIGH SCHOOL)

FRIDAYS - 16PLUS - 6PM-8PM - AGES 16-25

COMMUNITY/FAMILY GROUPS:

TUESDAYS - COFFEE MORNINGS - 10AM-12PM - ALL WELCOME (UNDER 18S MUST BE ACCOMPANIED BY AN ADULT)

THURSDAYS - STAY AND PLAY - 10AM-11.30AM - AGES 0-5 (PRE-SCHOOL)

THURSDAYS - COMMUNITY EVENTS - (PLEASE SEE SEPERATE POSTERS FOR MORE INFORMATION)

FRIDAYS - ART GROUP - 1PM-4PM - ALL WELCOME (UNDER 18S MUST BE ACCOMPANIED BY AN ADULT)

SATURDAYS - YOGA - 1PM-3PM - ALL WELCOME (UNDER 18S MUST BE ACCOMPANIED BY AN ADULT)

FOR MORE INFORMATION PLEASE CONTACT SAMUEL ON 01772 555925 OPTION 2 OR SAMUEL.GREGSON@THEFOXTONCENTRE.CO.UK

SEE YOU ALL OVER THE SUMMER!



Lancashire County Council  

Haslam Park Family Fun Event

**-Thursday 27th July
-11 - 1pm**

-Haslam Park, Bristow Avenue, Preston, PR2 1JE

Activities include:
-Arts and Crafts
-Nature trail
-Face painting
-Cricket
-Football
And much more!

Please call either 01772 539444 or 01772 531948. Or email cfwprestongroups@lancashire.gov.uk to book your place!

The event is free and includes a pack lunch for each child



Lancashire County Council  

HAF Summer Sessions

Age 8-11

We are offering free summer sessions to children who are eligible for free school meals. Sessions will include a range of fun and engaging activities and a meal will be provided for each child.

Visit www.getstuckin.org.uk to book your place.

- Tuesday 1st August-10:00-14:00 at Moor Nook Neighbourhood Centre.
- Tuesday 8th August- 10:00-14:00 at Preston East Neighbourhood Centre
- Tuesday 15th August-10:00-14:00 at Preston East Neighbourhood Centre
- Tuesday 22nd August-10:00-14:00 at Moor Nook Neighbourhood Centre

-Moor Nook Neighbourhood Centre, Burholme Road, PR2 6HN.
-Preston East Neighbourhood Centre, Brookfield Primary school, Watling Street Road, PR2 6TU.



Careers



THE BRITISH ARMY ARE NUMBER 1

BRITISH ARMY RETAIN THE TITLE FOR THE 3RD YEAR RUNNING!

98% of new soldiers enrol on an apprenticeship, making the Army the largest employer provider - but what does it mean to do an apprenticeship as a soldier?

We'll explore the range of 40 apprenticeship schemes from healthcare to IT, engineering to business administration and how you apply.

Open to anyone interested in finding out more about apprenticeships, including students, job seekers, careers advisors, parents and guardians

<https://jobs.army.mod.uk/regular-army/what-you-get/apprenticeships-skills/>

Level 3/ Level 4 Apprenticeship

Strawberry Meadows Business Park, Chorley

Content creator or digital marketing for business.

Contact Paul Hannant for more information:
07816 195225 or
paul.hannant@lancashirelep.co.uk

Level 3 Apprenticeship

Manufacturing company, Garstang

Business Administration.

Contact Paul Hannant for more information:
07816 195225 or
paul.hannant@lancashirelep.co.uk

Survey Request

These surveys are for children and young people and their parent carers in Lancashire, where the child or young person has Special Educational Needs (SEN) support needs. Responses will be anonymous and people completing the survey can choose to answer any question or skip ones they don't want to complete. We want to understand what is important to children, young people and their parent carers to help us work more effectively with them. We will publish the feedback from these surveys on the Local Offer.

The surveys can be found here:

- For children and young people: <https://forms.office.com/e/9axwZAAKzc>
- For parent carers: <https://forms.office.com/e/PnJja1RSNY>

**REWRITE
THE STORY**

Help schools and colleges to shape future careers - your experience matters

Volunteer to become an Enterprise Adviser



Inspira is proud to be a:



**LANCASHIRE
SKILLS PLEDGE**
partner

Being One of Ours

Careers

Teacher Training Vacancies for September



Coming to the end of the academic year. Thinking about the future?

Is teacher training for you?

Opportunities available with the Catholic Teaching Alliance to start in September 2023 for Primary PGCE based in Preston and secondary PGCE based in Blackburn.

Interested? Don't delay, apply to now. <https://www.catholic-teaching-alliance.org/>



Being One of Ours