

# Our Lady's Catholic High School



Newsletter No. 27

26th April 2024



## The Theme Next Week: I AM THE VINE (John 15: 1 – 8)

*"Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches."* (John 15: 4-5).

Consider what you do with your time. Have you heard of people going unplugged? They leave their smartphones and social media behind and turn off all their devices so that they can be present in the moment and communicate on a deeper level with family and friends. Some people may feel disconnected and alone but the sad thing is that being plugged into the internet ultimately provides a false sense of connection.

When we get unplugged from the world and are plugged into the True Vine, which is Jesus Christ, we are connected to our spiritual power source, and we are connected to others in ways that social media and the internet will never be able to compete with. If we get plugged into the world, we will reflect the views and behaviours of the world. If we are connected to Christ, we will bear the fruits of the Spirit.

*Dear Lord,*

*Thank You, Father, for the depth of truth that is discovered in Christ, my true Vine. Through his life in me, may I produce fruit that will glorify the Father in heaven.*

*Amen*

## BOOO Virtues

Congratulations go to:

Year 7: Eliana Rochester - intentional and prophetic

Year 8: Paige Lowe - loving and compassionate

Year 9: Solomon Evans - generous and grateful

Year 10: Sanaa Valli - attentive and curious

Year 11: Charlie Cooke - attentive and discerning



*Being One of Ours*

# Choco-Tastic Challenge!



All Year 7 pupils are taking part in the Chocotastic Challenge as part of their Design and Technology lessons. Pupils will be expected to complete homework tasks related to the challenge which will be set by their class teacher. The pupils are working in groups of three to design materials to promote a new healthy chocolate product. The tasks that each group must complete are:

- Design a fun mascot
- Design suitable packaging
- Design a leaflet/poster

Pupils may wish to consider other ways to promote their product too.

Each group will then present their ideas to the rest of their class in lessons next week. Forms O, U & R will present on Friday 3rd May and forms L, A & D on Thursday 2nd May.

The presentations will involve pupils creating a PowerPoint presentation and a well-rehearsed speech to deliver to their class. Groups may wish to make samples for their classmates to taste!

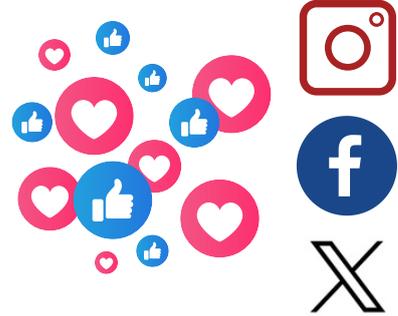
# News & Information

**ATTENDANCE  
MATTERS.**  
ALL DAY, EVERY DAY

## Congratulations Year 8

Congratulations Year 8 on an exceptional 95% attendance this week. Your commitment to attendance, especially during exam week, is fantastic news. Thank you to all our parents and families for supporting and continuing to raise the profile of excellent attendance.

### OLCHS SOCIAL MEDIA



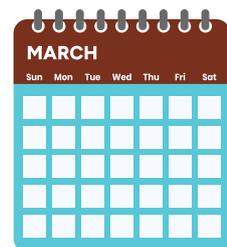
## What's On Guide

April - July 2024

[CLICK HERE](#)

### 2024 Dates for your Diary

- Wednesday 1 May - Normandy School Trip
- Monday 6 May - School Closed for May Day
- Tuesday 7 May - All pupils return to school
- Friday 24 May - Half Term. School closes at 3pm
- Monday 3 June - All pupils return to school



*Being One of Ours*

## Help with Exam Stress

### Useful resources

Compass **BLQOM**

GCSE & A Level Exam Stress  
Parent/Carer Webinar

To attend

**REGISTER HERE**



**NHS**

Help your child  
beat exam stress

**CLICK  
HERE**



## Lancashire Positive Minds Parent/Carer Support Group

Anxiety / Obsessions and Compulsions / Depression /Self Harm  
Eating Disorders / Psychosis / Suicidal Thoughts / Autism  
Low Mood / Attention Deficit Hyperactivity Disorder/  
Borderline Personality Disorders / Self Esteem and confidence issues  
and more.

Supporting a child, whatever age, with Neurodiverse and Mental  
Health difficulties and needs can be really challenging, isolating,  
emotionally, physically and mentally exhausting.  
You are not alone!

Come along to the group, meet with other likeminded Parents/Carers  
in similar situations and get both peer and professional support in a  
confidential, safe environment. The Group is very much parent led but  
professionally supported who can provide support, advice, guidance,  
practical tips and strategies, topic discussions and guest speakers all  
whilst you can have some time for you and have a cup of tea/coffee!

Leyland Group meet - First Monday of the month from 6.30 –8.30pm  
Preston Group Meet - Second Thursday of the month from 6.30-8pm  
Contact the below number for further details.

Email: Lancashirepositiveminds@gmail.com

Telephone– 07824 042908

Instagram:Lancashire\_Positive\_Minds

Twitter:Lancashirepositiveminds@lancashireminds

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

Facebook Closed Group: Lancashire Positive Minds

*\*All Facebook requestors will receive a message in messenger prior to approval, please check  
your spam messages.*



## FOOTBALL YEAR 7



On Monday the Year 7 girls football team faced Archbishop in the semi-finals of the Preston Schools' Knockout Cup. The winning team would secure a place in the finals held at Deepdale, so it was all to play for. Our Lady's had a nervous start but quickly settled and had some good spells of attacking play. However, after ten minutes, Archbishop scored two goals in quick succession. We did not let this deter us and in the second half we battled hard, having most of the possession.

Connie R made some excellent saves, whilst Katie H, Olivia A and Scarlett A defended well making it difficult for the attackers to get a shot on goal. Amelia B created some really good chances at the attacking end, but we just couldn't sneak it past Archbishop's keeper. The final score remained 2-0. A great effort from the whole team though, and much to build on for next year.



## FOOTBALL

# U14s

## Lancashire Cup

Huge congratulations to the U14 girls football team who have progressed through to the semi-final of the Lancashire Cup after beating St Bede's, Blackburn, 8-0.

A hat-trick from Georgia C and Karlie R, and two goals and endless assists from Holly W, sealed an Our Lady's win.

The girls will now play against St Michaels.





## FOOTBALL

# Tournament

At the weekend Our Lady's pupil, Amelia, took part in the National ESF Football Tournament and her team, Fleetwood Town, were crowned the U12 National Champions. Fantastic news, well done Amelia.



## WINNERS

# Hoppers Festival

Three Our Lady's Year 7 boys have celebrated success in their sports team outside of school.

The Hoppers team consisting of Dane, Henry and Thomas won the Hoppers Festival on Sunday. Overall they won 4 and drew 1 of their games. Dane scored the winning try in the last minute of the last game.



# Careers

## OLCHS Pupil Success

Huge congratulations to Jenna E in Year 11 who has recently secured an apprenticeship with BAE Systems. Fantastic news. We are so proud of you Jenna.

**APPRENTICESHIP**

**BAE SYSTEMS**

## IMPORTANT

According to OLCHS data, all of Year 11 have now either applied for college and been offered places, secured employment or apprenticeships, or a place in The Armed Forces.

If you feel your child in Year 11 requires further advice, please contact Mrs Lin directly by email.

## WORKPLACE VISIT

On Friday 3rd May the following pupils are attending a trip to Royal Preston Hospital (RPH) to experience careers associated with medicine. The Widening Team at RPH have been responsible for organising the trip and our pupils are really excited to be attending. It will be a fantastic learning opportunity and we look forward to sharing their visit with you.

Isabelle Maymon	Zoha Saleh
Emily Brown	Erika Russell
Safiya Patel	Chloe Hucks
Lily Purkis	Nieve Fraser
Darcie Green	Ryan Schofield
Heidi Clark	Alex Carpenter
Gayathri Senthil	Zainab Dasu



### Vision Express Opportunity

Looking for a unique retail apprenticeship opportunity? Join us at Vision Express on an 18-month program where you'll earn a Level 3 qualification in Optical Retail while receiving comprehensive training and support.

[CLICK HERE](#)

## Careers Cafe

You may remember a few weeks ago we invited Zara Bridge into school to host a Careers Cafe. Zara is an early years practitioner and really engaged our pupils with her talk. Lucy, a Year 11 pupil who attended the talk, asked if there was an opportunity to visit the pre-school as this is something she is interested in. We have managed to arrange this for Lucy for next Tuesday. Mrs Lin cannot thank Zara enough for encouraging and supporting our pupils.