

Our Lady's Catholic High School



Newsletter No. 20
14th February 2025



A Prayer for the Holiday

Dear Lord,

During this school holiday, we seek your blessings for quality time with family and friends. As schedules slow down and routines become more flexible, may we come together in love and unity. Help us to cherish these moments, strengthening the bonds that hold us close.

Guide our conversations and activities, so they are filled with laughter, understanding, and deep connections. Let us appreciate the simple joys of being in each other's company, and may we be a source of joy and inspiration to one another.

May we return to school with a renewed spirit, ready to embrace the challenges and opportunities that lie ahead.

Amen

BOOO Virtues

Congratulations go to:

Year 7: Millie Cross - loving and intentional

Year 8: Inaaya Masood - curious and active

Year 9: Emilia Eastham - eloquent and truthful

Year 10: All Year 10 on Work Experience

Year 11: Mia Gould - learned and wise



Being One of Ours

THE TOUR OF OUR LADY OF LOURDES

After being at Our Lady's Catholic High School this week, the statue of *Our Lady of Lourdes* left Our Lady's and continued the tour of the Diocese.

A group of OLCHS pupils gathered in the school Chapel on Friday morning to prepare *Our Lady Of Lourdes* for her journey to St Anthony's Catholic Primary School.



Valentine's Day Cake Sale

Today's charity cake sale included a wonderful selection of cakes and treats on display. After the holiday we will provide an update on the amount raised for a good cause.



gcse science live!

News

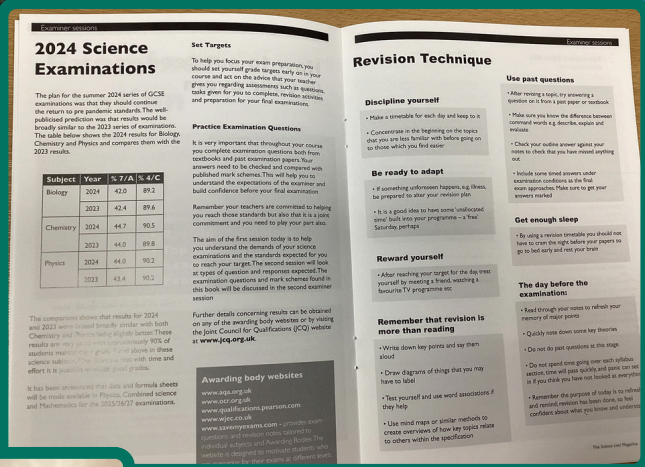
Science Live! at Manchester Bridgewater Hall

2025

On Wednesday 5th February, Year 9 and 10 students had the exciting opportunity to attend Science Live! at Manchester Bridgewater Hall. The event featured inspiring talks from renowned scientists, offering fascinating insights into the world of science.

Professor Robert Winston captivated the audience with his talk on fertility, while Professor Jim Al-Khalili explored the intriguing possibility of time travel - explaining that, according to physics, traveling forward in time is possible, and backward time travel might be too! Professor Sophie Scott shared her groundbreaking research in cognitive neuroscience, focusing on the science of laughter.

Students also received valuable exam advice from a chief science examiner, gaining top tips for success. It was a fantastic day filled with learning and inspiration. Our pupils were excellent representatives of OLCHS, and a huge thank you goes to all the staff who helped make the trip possible!



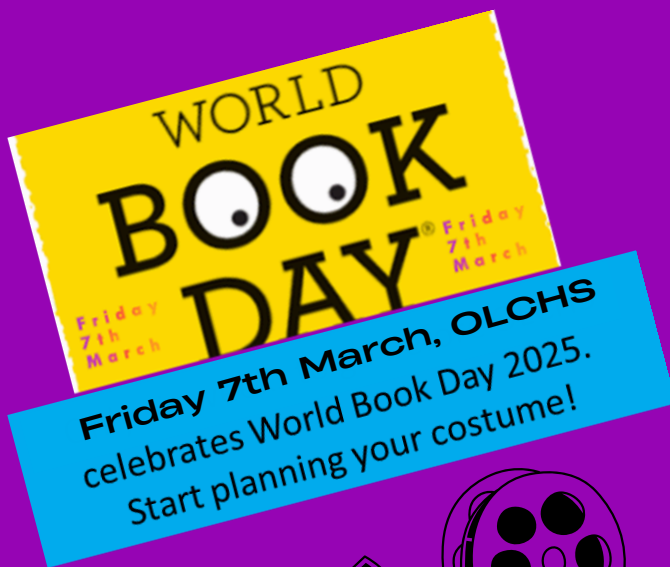
Being One of Ours

LANCASTER VISIT UNIVERSITY

This week a number of our pupils were lucky enough to visit Lancaster University and be treated to two lectures by PhD students all about Science. The first lecture was about conservation and the importance of monitoring the numbers of animals in the wild. The pupils looked at a number of devices that the scientists use in order to count, release and monitor the population levels of different species in Britain. We then were treated to a tour of the campus and a look in some of the laboratories before the second lecture.

This time it was from two PhD students who were studying the effects of halogens in the atmosphere. They gave the pupils time to discuss the different layers of the atmosphere and had some hands-on tasks that our pupils excelled at. This was an incredibly enjoyable day and inspired many of the pupils to consider a career in Science at University. The Our Lady's pupils impressed, as always with excellent participation and behaviour. Well done to all!





In school on Friday 7 March 2025 we'll be celebrating World Book Day.



Now's the time to start planning your amazing costume to wear in school.

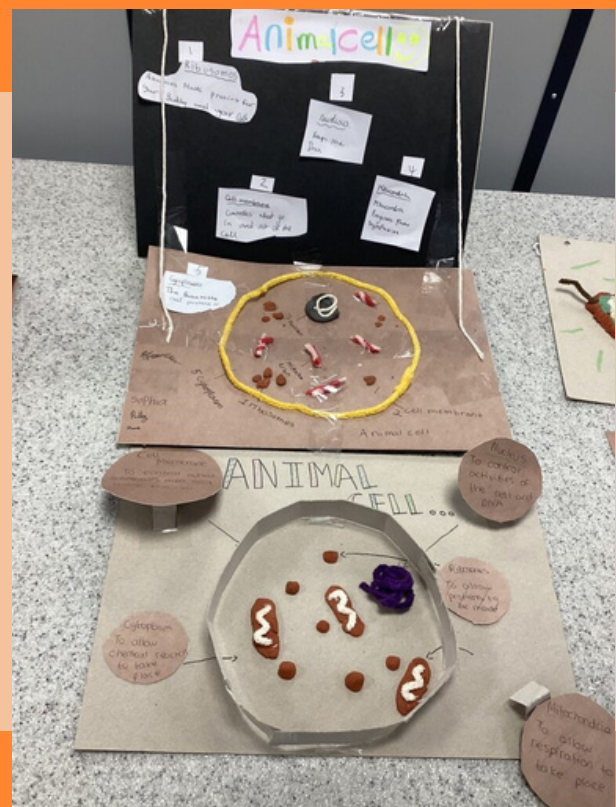
Watch the video to view our wonderful Year 11s telling us all about the excitement of World Book Day in school on Friday 7 March!
Get involved and Be One of Ours.



STEM Club

This half term, members of STEM club have applied their knowledge from lessons, to make amazing models of animal, plant and specialised cells. They enjoyed extracting metals and took part in the RSPB bird survey. Students spotted and identified a surprisingly wide range of bird life, which is part of a country-wide citizen Science project.

There are still some places available for STEM club, so please speak to your Science teacher if you are interested.



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

The BBC are running a series of six articles on how Artificial Intelligence (AI) is changing medical research. This week's **Science In The News** looks at the first three articles.

Read the article about the computer modelled hearts and then answer the following question.

<https://www.bbc.co.uk/news/articles/cq8v73dkne3o>

Question 1: What data is used to train the AI models of the heart?

Read the article about diabetes-related damage to blood vessels in the retina leading to sight loss and then answer the following question.

<https://www.bbc.co.uk/news/articles/crk4pm8xxx8o>

Question 2: What are the fundus of the eye?

Read the article about how new blood tests are being used to spot signs of cancer at a very early stage.

<https://www.bbc.co.uk/news/articles/cq8v1ww51vno>

Question 3: What does the article say that AI can do that humans cannot?

Home Research

Each of the articles refers to AI. Do your own research to find out more about it

Question 4 AI is based on research in which scientific field?

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about ONLINE RELATIONSHIPS & DATING APPS

Dating apps are used to help people find new relationships – whether casual or more long term – matching users based on age, interests, gender and more. Some may consider dating apps harmless to under-18s because they aren't able to use them, but effective age verification measures are quite scarce, and it's been known for young people to end up on apps of this type.

WHAT ARE THE RISKS?

EASE OF ACCESS

The relatively low age verification process of many dating apps makes them incredibly accessible to children and easily able to be used by them. This carries the obvious risk of exposing under-18s to a dating scene previously by adults – who may not even be aware of the young person's age. This is concerning when we consider the "hook-up culture" common on these apps – with many people using them to arrange casual sexual encounters.

CONTACT AND CONTACT RISKS

Once someone is active on a dating app, their social media profiles can be linked to the app and might be accessed by others. This can lead to someone using "hooking up" as a "hook-up" (leading to sexual messages) without consent. Complete strangers could start harassing a young person's inbox with pictures, messages and sexual comments.

SCAMS AND SEXUAL EXPLOITATION

Some young people may feel they've formed a real bond with someone through online dating, but there's always a risk that it's not genuine. Scammers on these apps often build romantic relationships with their victims – then once they feel they have their victim's trust, they begin asking for money under false pretences (such as suggesting they need to get a visa and requesting a "loan" to cover a train ticket).

UNVERIFIED ACCOUNTS

As with all online interactions, you may not be talking to whom you think you are. Without any age verification, users of dating apps can often only view a certain number of profiles at a time. It's also hard to tell whether young people to call their age limit to 18 years and older – putting them in a position where they're being "catfished" by people who could be scammers. Unfortunately, this can lead to someone with someone much older.

PEER PRESSURE

The pressure to be in a relationship can be huge, and many young people use online dating apps as a way of finding a partner. Some users find it difficult to meet people organically due to their shyness, and may not have the time or money to go out and socialise. It's also common for young people to set up accounts for their single friends in the hope of finding a match for them.

SKewed PERSPECTIVES

Dating apps can promote an unrealistic view of what makes someone attractive. With such small options, some users can become both picky and extremely harsh about others' profiles. Unfortunately, all you see on these apps are pictures (often no longer than 15 seconds) and some people are being judged on their appearance. Even when someone does start dating, there's a persistent pressure that their partner is only one swipe away from a potentially better match.

Advice for Parents & Educators

TALK ABOUT DATING APPS

Let young people know that they can talk to you about anything, even something as private as their dating life. At school, the relationships, sex and health curriculum can provide a good starting point for conversations around healthy relationships, consent and online safety. Emphasise the message that you want to help them make healthy, safe and informed choices. If they feel embarrassed talking to you, make sure they have a trusted adult who can help them.

VERIFICATION STAMPS

Explain that someone using a dating app should only communicate with those who have gone through a verification process. Online dating apps use a variety of methods to ensure a user is genuine, including requiring ID documents (such as a driver's licence or passport). Verification can also involve users taking a selfie to ensure that the photos on their profile match it.

ENCOURAGE DATA PROTECTION

Empower young people to protect their data and personal information. Explain that including things like their school, age and surname in their profile could potentially be dangerous. Make sure they know never to give out personal details, and that there's no reason for other users to ask for them. If they feel uneasy about a situation online, they need to speak to someone that they can trust.

REPORT AND BLOCK

Remind young people that they can always report or block (or both) anyone who makes them feel uncomfortable on any platform. Ask if they know how to do this and offer to help them figure it out if they're unsure. Every app should have advice on how to report or block users who are not young people or are familiar with the settings.

Meet Our Expert
Rebecca Jennings works at RANE (www.raneeducation.org.uk) in the field of relationships, sex and health education, providing educational, age-appropriate workshops for pupils around the more sensitive areas of the curriculum – including online safety and healthy relationships.

WakeUpWednesday **The National College**

Source: See full article and all guide pages at: <https://nationalcollege.com/guides/online-relationships-dating-apps>

[X @wake_up_weds](https://www.wake_up_weds.com) [f /www.thenationalcollege](https://www.thenationalcollege.com) [@wakeupwednesday](https://www.wakeupwednesday.com) [@wakeupweds](https://www.wakeupweds.com)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.03.2025



Lancashire County Council **FAMILY HUB NETWORK**

FAMILY ACTIVITIES

STAY AND PLAY

MESSY PLAY

DATE Friday 21st February
TIME 10:am am-2:00pm
VENUE Riverbank Family Hub
Brieryfield Road
Preston PR1 8SR

COME ALONG AND JOIN IN
NO NEED TO BOOK

SENSORY PLAY

INSIDE OUT

Lancashire County Council **FAMILY HUB NETWORK**

FAMILY ACTIVITIES

Family Move and Groove

Family Messy Play

DATE Monday 17th February
TIME 10:00AM-2:00PM
NO NEED TO BOOK

VENUE Ribbleson Family Hub
Ribbleson Hall Drive
PR2 6EE

Family stay and play

Family Inside Out

Lancashire County Council **FAMILY HUB NETWORK**

Family Messy Play Family Sensory Play

no need to book

When... Wednesday 19th February
9:30am-11:30am
Venue...Preston East CFW
Brookfield school
Watling street Road
PR2 6TU

Information





FAMILY ACTIVITIES

Family Messy Play

Family Move and Groove

DATE Thursday 20th February

TIME 1:00PM-4:00PM

NO NEED TO BOOK

VENUE Moor Nook Family Hub
Burholme Road
Preston
PR2 6HN





Family Inside Out



Family Messy Play Family Stay and Play

no need to book

When...Tuesday 18th February
1:00pm-3:00pm

Venue...Preston West Family Hub
Ashton Primary School Site
Ainsdale Drive
PR2 1TU



USEFUL RESOURCES

Community Support Information



February Online Safety Newsletter



What's On Guide



Scams & Fake News Guide



Being One of Ours

Exam Revision

HELPING YOUR CHILD REVISE: TIPS & USEFUL LINKS

With internal and external exams approaching, supporting your child with effective revision can make a real difference. Here are some key strategies:

- ✓ Create a Study Routine – Encourage a regular schedule with focused study sessions and breaks.
- ✓ Use Active Revision Techniques – Mind maps, flashcards, and past paper practice help retention.
- ✓ Encourage a Distraction-Free Environment – A quiet space with minimal interruptions boosts focus.
- ✓ Support Wellbeing – Ensure they get enough sleep, exercise, and balanced meals.

Encouragement and small rewards go a long way. Every little bit of revision adds up.

Useful Revision Resources:

BBC Bitesize

www.bbc.co.uk/bitesize

Seneca Learning

www.senecalearning.com

GCSE Pod

www.gcsepod.com

Revision Guide For Parents



2025 Dates for your Diary

Monday 24 February

Inset Day

Tuesday 25 February

All pupils back to school

Thursday 27 February

Year 9 Parents' Evening

Thursday 13 March

Year 8 Parents' Evening

**LIVE
School
Calendar**



SCHOOL TIMES

Arrive at school / Go to waiting areas	8.40- 8.45
Pupils go to Form rooms / Locker time	8.45- 8.55
Form Time	8.55-9.15
School finishes	3pm

Except Tuesdays (ONLY)

Pupils finish at 2.30pm

OLCHS SOCIAL MEDIA



INDOOR ATHLETICS

Sporting News

Preston Schools' Indoor Athletics Competition

On Wednesday, a group of Year 7 girls and boys took part in the annual Preston Schools' Indoor Athletics competition held at Preston College.

Both teams did really well, with some fantastic individual performances in both track and field events. The boys team narrowly missed out on an overall medal position, however the girls finished 2nd.

A fantastic effort from everyone involved.

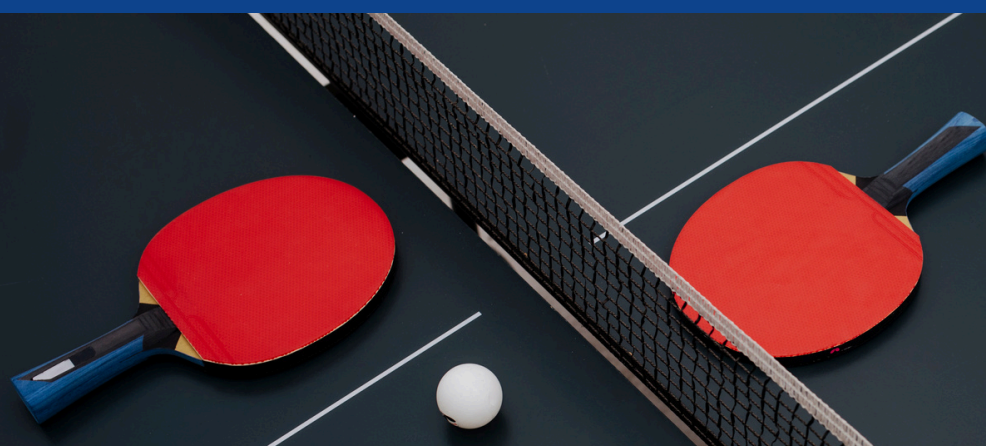


TABLE TENNIS

Girls Table Tennis

The final results have been sent through for the Preston Schools' table tennis competition. Our U13 team finished 1st out of five schools. The U16 team were a close 2nd out of seven, to Archbishop Temple A.

A fantastic effort to both groups!



Being One of Ours

Sporting News

NETBALL COMPETITION

Staff **v** Pupils

Last Thursday lunch, the **'Elite Staff Netball Squad'** took on the Year 10 mixed netball team. The staff are currently undefeated but the Year 10s were feeling confident. The first few minutes of the match was end to end with neither team being able to score.

The experience of the staff then began to show and they eventually scored a goal. The Year 10s battled hard. However, staff continued to pull away in what was a very fast paced game from both teams. The final score was 5-1 to the staff.

However, the score does not reflect the game, as Year 10 played some fantastic netball and are keen for a re-match. A huge well done goes to Patrick M, Macy W, Finlay M, Daniel H, Charlotte P, Emma F, Orla C, Liana K, Zofia M and Karley R. The event was supported by about 200 Our Lady's pupils who came to watch making the atmosphere electric.

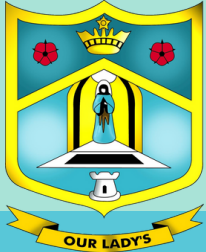
The event raised just under £50 for charity.



Being One of Ours

NATIONAL APPRENTICESHIP WEEK

10-16 FEBRUARY 2025



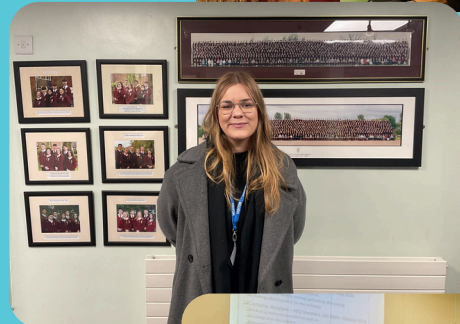
In school this week

It has been a hive of activity this week with National Apprenticeship Week. ***“Learn while you earn”*** has been our motto to ensure pupils really understand the concept of what an apprenticeship is. On Tuesday we welcomed alumni pupil and degree apprentice Krisi Patel. Krisi currently works for **Dylan Nair solicitors**. Krisi shared her career journey so far since leaving OLCBS and how she secured her apprenticeship. Pupils asked insightful questions about her role and also her current salary. We cannot thank Dylan Nair solicitors enough for allowing Krisi to come back into school to speak to pupils. Krisi we are so proud of you!

On Wednesday we welcomed alumni pupil Lois Turley. Lois is currently in her final year at UCLAN and works five different jobs. She is directly involved in apprenticeships and spoke so eloquently about her journey since leaving Our Lady's and how pupils need to ensure they seize every opportunity they are given. We are so thankful that Lois was able to come and speak to Year 11. Once again, we are so proud of you Lois. You will always be *One of Ours*.

On Thursday we welcomed past pupil Wesley Singh who is currently an accountancy apprentice at **MJH Accountants**. It was so lovely to welcome Wesley back into school. Wesley spoke about a typical day for him, rejections after applying for 60 apprentices and only hearing from 10 companies. Pupils were keen to ask about his most difficult case, his salary and why he decided not to go to university. Wesley answered all questions honestly and gave a very insightful talk. A huge thank you to MJH solicitors for allowing Wesley to come back to school. We are so proud of him and wish him every success for the future.

On Friday, Preston College visited Our Lady's to talk about the range of apprenticeship opportunities available.



APPRENTICESHIP FACTS

DID YOU KNOW?

The Army offers 39 different apprenticeship standards from Level 2 through to a Level 6 Chartered Manager Degree Apprenticeship.

The first temporary Apprentice College opened in Aldershot in 1923 and across a total of 65 years there has been 16 Apprenticeship colleges, spread right across the UK. Now the Army offers Modern Apprenticeships which are delivered in Initial Trade Training Schools and in the workplace.

95% of recruits will be enrolled on an apprenticeship.

The Army takes on over 6,000 apprentices each year with an impressive 77% completion rate.

A Level 2 apprenticeship is equivalent to 5x GCSE passes and will take 18-24 months to complete. You earn while you learn.

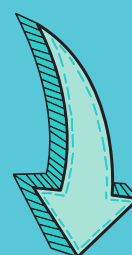
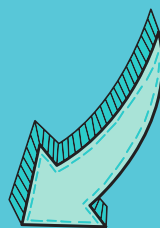
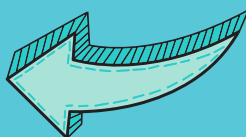
106,945 soldiers have completed their modern apprenticeships since 2004.

GCSEs or Functional Skills are not required to join the Army.

SEARCH
ARMY APPRENTICESHIPS



Careers



APPRENTICESHIPS

ARMY APPRENTICESHIPS LINKED TO YOUR CURRICULUM



The British Army is the number 1 Apprenticeship Employer across the UK and Northern Ireland, offering over 40 different apprenticeships.



Here are some useful things you could say to students who are interested in apprenticeships...



SEARCH
ARMY APPRENTICESHIPS



ARMY APPRENTICESHIPS LINKED TO COMPUTING

- INTELLIGENCE ANALYST
- NETWORK CABLE INSTALLER
- RADIO NETWORK TECHNICIAN
- NETWORK ENGINEER
- DIGITAL SUPPORT TECHNICIAN
- DATA TECHNICIAN

I had no idea about the qualifications I could get in the Royal Signals.

Corporal Jones – Cyber Engineer Apprentice (Network Cable Installer - Level 3)



SEARCH
ARMY APPRENTICESHIPS



Being One of Ours

APPRENTICESHIPS

Careers

BASE BRITISH
ARMY
SUPPORTING
EDUCATION

ARMY
BE THE BEST

ARMY APPRENTICESHIPS LINKED TO SCIENCE

- Aviation Ground Specialist
- Ordnance, Munitions and Explosives Technician
- Radio Network Technician
- Veterinary Nurse
- Engineering Operative

“As a trainee, I had an in-house mentor, who guided me through my portfolio and nursing exams.

Lance Corporal Gilmour – Dental Nurse Apprentice (Dental Nursing, Level 3)



SEARCH
ARMY APPRENTICESHIPS



BASE BRITISH
ARMY
SUPPORTING
EDUCATION

ARMY
BE THE BEST

ARMY APPRENTICESHIPS LINKED TO ENGLISH

- BUSINESS ADMINISTRATOR
- AVIATION OPERATIONS MANAGER
- HM FORCES SERVICE PERSON
- SUPPLY CHAIN WAREHOUSE OPERATIVE
- INTELLIGENCE ANALYST

“What I love about being a HR Specialist is that we work with all different parts of the Army

Sergeant Richards – HR Specialist (Business Administration, Level 3)



SEARCH
ARMY APPRENTICESHIPS



02/25

ARMY CAREERS NEWSLETTER

**CLICK
HERE**

ARMY
BE THE BEST

Being One of Ours



Visit Preston College on Thursday 27 February to discover the Supported Internship programme - an academic year-long programme designed for young people aged 18-24 with an Education, Health and Care Plan, transitioning from education to paid employment.

Supported Internships help young people achieve employment by equipping them with essential work skills through hands-on learning in a host business, with support from an onsite team.

During the open event you will have the opportunity to meet the host businesses Places for People, Lancashire Constabulary and Lancashire County Council and the education provider Preston College.

You'll also have the opportunity to attend a short presentation and meet

current interns and alumni. Ultimately, you'll be able to find out if a Supported Internship is right for you.

UNDER 18?

Our Foundation Learning programme is an ideal stepping stone to the Supported Internship and we'd love you to come to our event to learn more and meet the team.



REGISTER TODAY!

www.preston.ac.uk/Internship

PRESTON
COLLEGE

Careers

PRESTON COLLEGE

We have continued success with the pupils who are attending Preston College studying the Hair & Beauty Course this week.

Ava in Year 11 passed her manicure and nail art assessments scoring a distinction in both, whilst Faye passed them both with a Merit.

Well done Girls, your hard work is paying off and maybe a future career beckons!

nails



APPRENTICESHIP OPPORTUNITY



CLICK HERE

I ♥ APPRENTICESHIPS

VACANCY

MAINTENANCE & OPERATIONS ENGINEERING TECHNICIAN

NATIONAL APPRENTICESHIP WEEK #NAW2025 10-16 February

PRESTON COLLEGE

CAREERS FAIR



Our Lady's
Catholic High School

Our Lady's annual Careers Fair will take place on 18th March from 10am until 2.30pm for pupils in Years 7 to 10.

If you wish to have a stand on the day, please email careers@olchs.lancs.sch.uk for further information.

Being One of Ours