

Our Lady's Catholic High School



Newsletter No. 21
28th February 2025



Lent begins (Matthew 6:1-6, 16-18) Fast, Pray, Give.

When you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. And your Father who sees will reward you.

On Ash Wednesday next week, we will be receiving our ashes in school.

Let us take time to think about what we can do this Lent to improve our own spiritual life and to help others.

Time to make the desert journey and renew our way to life.

Time for testing and for changing. Time to trust the word of God.

Time for forgiveness and for healing and to repent our broken lives.

Time to build God's dwelling with us and proclaim full life for all.

Time to watch and wait with Jesus and to prepare the upper room.

Time to turn our lives again to God and to transform our world with love.

Amen.

(CAFOD)



BOOO Virtues

Congratulations go to:

Year 7: All members of the Year 7 girls football team

Year 8: Lucy Deane - attentive and discerning

Year 9: Charlotte Dudaniec - learned and wise

Year 10: Will McCondichie - attentive and discerning

Year 11: Isabelle Potts - learned and wise



Being One of Ours

YOUNG CITIZENS AWARD WINNER

2025



Congratulations to Year 11 pupil Sara for her outstanding achievement this week in winning High Sheriff of Lancashire's Youth Citizen Award 2025. Sara was presented with her award on Tuesday evening at a ceremony celebrating inspirational young people across the county. There were over 60 candidates nominated, but Sara came out with the award, given for her hard work and dedication in supporting the Foxton Centre in Preston and Sara's commitment to the community, volunteering, and helping others. Well done Sara!

You are the true spirit of **'BEING ONE OF OURS'**.



**SIGN UP FOR
THE EVENT:**

**CLICK
HERE**

Year 7

Information for parents and guardians of pupils in Year 7:

Bedrock Parents' Evening is coming up on Thursday 20th March (7pm to 8pm). The hour-long online event is designed to provide information about why we use Bedrock as our English homework in Year 7 and how you can support your child with this homework.

By attending, you will get:

- Insights on why language is vital to academic success.
- Essential takeaways to equip you to play an active role in language development at home.
- A demo of Bedrock's platform and the parents' portal.

Being One of Ours



Year 10 Work Experience

On the final week of last half-term the Year 10 pupils were out of school getting a taste of what it is like to be in the world of work. The work placements ranged from pupils working in the community with Preston North End, care homes, our local primary schools, local shops and post offices all the way through to pupils working at the Porsche centre on the docks and pupils flying drones completing surveys for energy companies. The pupils as always committed themselves well to these positions giving their best efforts, expressing themselves eloquently and showing themselves off to be the wonderful young people that we know that they are. The feedback from the employers has been phenomenal in its praise, with a number of the companies offering jobs and potential apprenticeships to our pupils.



Some of the comments from the employers are below:

“ Will assisted us on site at a solar farm in North Wales, conducting a drone survey to assess the solar farm for damage caused by Storm Eowyn. He was fully engaged through the week and was able to fly the large DJI M350 RTK drone, carrying our (expensive) LiDAR sensor. We only trust those we feel capable with this! Good work Will!

Kieron has been an absolute delight to have working with us at Royal Mail, he has spent time in various departments where amongst others, our receptionist called him an absolute delight! He asks all the right questions and his enthusiasm to learn new things has been astounding. His manners and attitude have been impeccable. Kieron has a very bright future and whatever he chooses to do we wish him the very best!

It has been a pleasure having Olivia with us. Olivia was never late for her shifts and always showed up with a positive attitude. She took the initiative and planned a valentine's glow stick party for the residents, she even made a play list of music to play for them whilst they had a bit of a dance. Olivia completed tasks that was asked of her and she was very well spoken and polite the whole time. The residents, staff, and myself, will miss Olivia and we want her to know she did an excellent job and we wish her well with her future.

”

Being One of Ours



“ Marc worked really well as part of a team, He was able to demonstrate new skills and was able to work using his own initiative. Other tradesmen gave feedback about how well he did and how hard he worked not afraid to get stuck in and get on with the task set. It's clear what industry Marc wants to venture in to when he leaves school, you can see he is a natural and enjoys it at the same time. He is very keen and demonstrates so much energy and enthusiasm. We wish him all the very best and thank him for his hard work.

Calvin showed great enthusiasm towards his work experience and used initiative to work as part of a busy team; other members of staff and tradesmen commented on how hard he worked. It was a pleasure to have him at Seeds and we wish him all the very best in his future.

Kiera, Phoebe, Alice and Maya have been outstanding whilst working at the Willows. All have put in maximum effort, been exceedingly helpful and have worked to their full potentials. They have been amazing with the young children and have shared in all of the different experiences we have to offer. They have been an absolute credit to Our Lady's.

Both boys, Isaac and Ross, have been fantastic in every single way whilst working with us at Pizza Hut. They have both shown loads of initiative, worked hard and if they want it we will be offering them a job! An absolute credit to the school.

Despite Oliver having to get into work for 7.30am he has been an absolute ray of sunshine every day. He has designed and created his own toolbox and then presented to us, performing exceedingly well at all stages of this. He has been an excellent student whilst with us at Anord Mardix and we would be happy to have him again. Thank you for sending him to us!

”



“ Louie did brilliantly whilst with us. He completed every task on time and done to the exact specifications, always had a smile on his face and listened attentively ensuring that he was fully focused. He has learned a host of new skills which I hope will serve him well plus he has learned to make a darn good cup of tea!

Samuel did a brilliant job at Teamtheme, he was enthusiastic and polite throughout and got involved massively. Keep an eye out for his podcast as he absolutely smashed it!

Olivia has been working with the pre-school children - they adore her! She is doing a great job, can we keep her??! 😊

Owen has worked at Evolve (Document Solutions) this week and has fitted in like part of the furniture. He has a fantastic attitude, has worked really well and we couldn't ask for more from him! He even bought the staff cakes to say 'Thank You' - what a gem! We don't normally send WEX students out on jobs but we have had no hesitation on doing this with Owen! We have been extremely impressed by him!

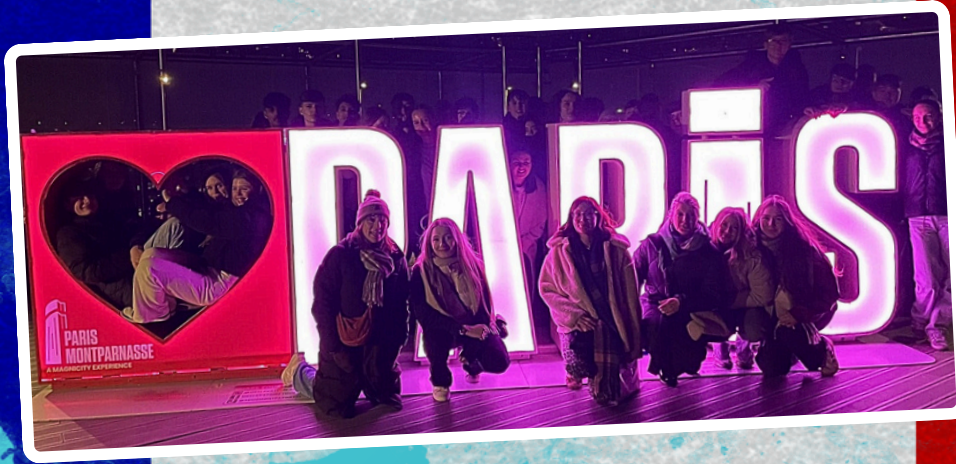
Forensic Science at UCLAN can be an overlooked as a place to work however Georgia has been enthusiastic, confident and has fitted in comfortably with the staff here. I was a little wary to take a WEX student but I have totally changed my mind after meeting Georgia - Our Lady's is clearly setting their pupils up to be successful in the future. What a delight I cannot sing her praises highly enough!

”

A huge thank you to all the many employers for their
valuable support.

We are hugely proud of all of you Year 10 - Well Done!
The gauntlet has been thrown down for Year 9 who will
need to start looking for placements soon!





Paris 2025

Thursday: Leave Preston for Paris

On Thursday 13th to Sunday 16th February, 48 enthusiastic pupils, accompanied by 5 teachers, embarked on an unforgettable adventure to Paris. With an early start and excited anticipation, we set off on the Eurotunnel, kicking off what would be an action-packed weekend filled with history, culture, and fun.

After our journey, we arrived at our hotel on Thursday evening. The group settled in for dinner and an evening to unwind after the long trip. We were all ready to embrace everything Paris had to offer!

Friday: A Day of Art, Culture, and Views

Friday was a day to remember, starting with a visit to the world-renowned Louvre Museum. Our pupils were amazed by the stunning works of art, including the famous Mona Lisa. After a delicious pizza lunch, we hopped aboard a scenic cruise along the River Seine, taking in the iconic sights of Paris from the water.

Later that evening, we went up to the 56th floor of the Montparnasse Tower. From the second-highest point in the city, the 360° views of Paris at night were breathtaking, especially with the glittering lights of the Eiffel Tower in the distance.



Paris 2025

News

Saturday: History, Shopping, and the Eiffel Tower

Saturday began with an early start as we visited the newly rebuilt Notre Dame Cathedral. Standing in awe of the incredible and beautiful restoration, we then made our way to the charming Montmartre district. Here, pupils shopped for souvenirs and berets, capturing the spirit of Paris. After a lovely lunch, we spent the afternoon strolling down the famous Champs Élysées, soaking in the atmosphere of one of the world's most glamorous avenues.

The day wasn't over yet! Saturday evening brought us to the Eiffel Tower, where we braved the long queue in the cold. However, the wait was well worth it as we were rewarded with spectacular views of the city from the second floor of the iconic monument.

Sunday: A Sleepy Start and a Farewell to Paris

On Sunday, we had a very early and sleepy start, heading to the ferry for our journey home. While it was hard to say goodbye to Paris, we left with memories to last a lifetime.

Throughout the trip, the pupils' behaviour was outstanding, and they truly embraced everything Paris had to offer. From world-class art to incredible views and a touch of shopping, it was an experience that will stay with all of us for years to come.

We are so proud of how the students represented the school and made the most of this amazing opportunity. A big thank you to all the staff who made this trip possible, and to the pupils for their enthusiasm and excellent behaviour! Until next time, Paris!



Being One of Ours

SPACE CAMP

Year 7 Students Reach for the Stars at National Space Agency Camp

Five adventurous Year 7 students from Our Lady's recently had an out-of-this-world experience, attending a prestigious Space Camp hosted by the National Space Agency at the University of Lancashire. This exciting week-long event gave the pupils a chance to dive deep into the fascinating world of space exploration, science, and technology.

The camp, designed to inspire the next generation of astronauts, engineers, and scientists, offered a packed schedule of activities, hands-on experiments, and expert-led workshops. From building and launching model rockets to exploring the physics of zero gravity, the students were immersed in an environment that encouraged curiosity and innovation.

Meet the Star Students

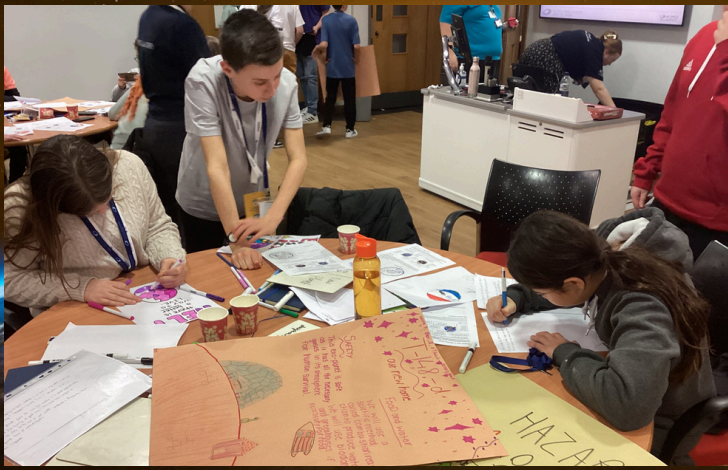
The five budding space enthusiasts who represented our school were Anna A, Theo L, Ben B, Trimandeeep S and Laura P. Each of them brought their unique passion and energy to the camp, making the most of every opportunity to learn and explore.

A Week Among the Stars:

Day 1 – Human Survival in Space

The week kicked off with an introduction to the challenges of surviving beyond Earth. The students explored both art and astronomy, learning how to creatively design their own mission patches - a tradition for space crews. They also studied how humans adapt to life in space, from handling zero gravity to managing life-support systems.





Day 2 – Time to Relocate

Day two was all about finding a new home in the universe. The students learned about our solar system, how communications work in the vastness of space, and the dangers posed by comets and asteroids. The highlight was studying exoplanets - planets beyond our solar system that might support life. Their project focused on selecting a new home, using what they had learned to identify the most promising worlds.

Day 3 – Looking Out, Looking Back

This day focused on how we observe the universe. The pupils built their own telescopes using lenses, learned about satellites and how they detect changes like thermochromic oceans (oceans that change colour with temperature), and explored the groundbreaking James Webb Telescope. Using infrared cameras, they delved into the life and death of stars, learning about supernovae. Their project for the day involved setting up communication networks for space missions.



This unforgettable experience not only deepened their understanding of the universe but also sparked a passion for science and exploration.

We are incredibly proud of their achievements and can't wait to see how they'll continue to reach for the stars in the future!



Day 4 – Alston Observatory Visit

A field trip to Alston Observatory was the highlight of the week. The students had the chance to detect exoplanets, experience a mesmerizing planetarium show, and take a tour of the telescopes. They also engaged in solar observing, studying our very own star, the Sun, up close.

Day 5 – Rockets!

The final day was all about rocket science! The students participated in imagination gaming to test their problem-solving skills, before diving into the physics of rocket building. After constructing their own model rockets, they had the thrilling opportunity to launch them. The week concluded with project presentations and an exciting awards ceremony, where achievements were recognized, and the students celebrated their stellar week.

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 sunflowers and asks what might they tell us about designing resilience into very tall buildings.

Listen to the podcast on "Why don't sunflowers fall over?" Now answer the following questions.

<https://www.bbc.co.uk/sounds/play/w3ct5rhp>

Question 1: What have engineers put at the top of tall buildings to replicate the effect of the heavy sun flower head?

Question 2: What feature of a sunflower stem is copied in the construction of very tall buildings?

Question 3: What is the scientific term for copying ideas from biology into human activities?

Home Research

Once you have the answer to Question 3, use it as a search word to do your own research into other examples of ideas being copied from nature.

Information



....to read

CLICK HERE!



....to read

CLICK HERE!

USEFUL RESOURCES

What's On Guide

Community Support Information

February Online Safety Newsletter

International Women's Day Event

This is an invite from Fulwood Library to join them for their International Women's Day Event 'From the factory to the field: a brief illustrated talk on Dick, Kerr Ladies football team'. The event is suitable for families and individuals.

Saturday 8 March
10:30am at Fulwood Library

For event details please click below

CLICK HERE

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

3-7 March

National Careers Week

Wednesday 5 March

Ash Wednesday

Thursday 6 March

Year 8 Futures Day

Thursday 6 March

Year 11 Group and Individual
Photographs

Friday 7 March

World Book Day

**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



YEAR 7 BASKETBALL

The Year 7 basketball team beat Penwortham Priory Academy 42-9 in the Lancashire Schools' Basketball competition on Wednesday 26 January to put themselves in a great position to qualify for the quarter finals. Excellent performances were demonstrated from all players, building on their experiences from previous matches in order to be learned and wise in their decision making. Forthcoming matches against Broughton High School, Archbishop Temple and Corpus Christi in the Preston Schools' competition will give them further opportunity apply their skills while enjoying being part of an excellent team.

Year 7 Girls Football Team

Huge congratulations to the Year 7 girls football team who have reached the **Quarter Finals of the ESFA Cup**. They take on St Mary's Academy from Kingston Upon Hull on Wednesday 5 March.

We are so proud of the girls.



Careers

PRESTON COLLEGE

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

Georgia and Ellie in Year 11 passed their manicure and nail art assessments scoring a merit in both.

Well done girls, you are working hard and this is showing real benefits - we are really proud of you both!

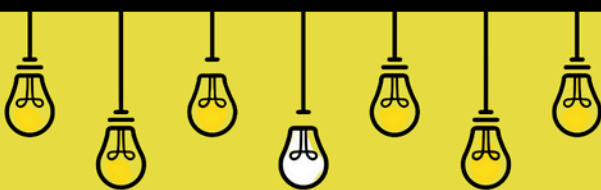
nails



NHS CAREERS



Some amazing events coming up include a "What Can You Do With Science in Healthcare Webinar" on the 13th of March, virtual work experience in the Easter Holidays and also information on the amazing [Aspire E-learning platform](#).



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

Careers

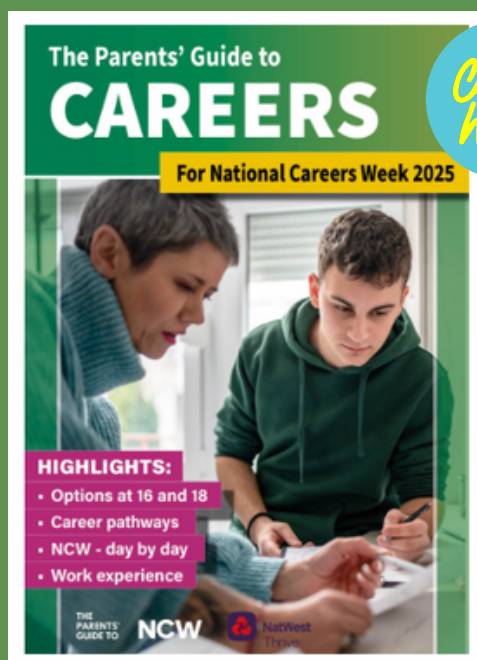
Careers Cafe



This week in the Careers Cafe we have had Hazel Gregson, a parent of a past pupil and a current Year 11 pupil. Hazel is a photographer who works for [Tempest Photography](#). She spends her time in school and nurseries taking vital first memories for parents and schools. Hazel talked about her passion for photography and working with young children having previously worked in nurseries. She brought a range of her favourite photographs, a range of cameras, and some plushie friends which help little ones give her a big smile. Hazel talked about working for a company and owning your own business and the differences in cost, taxes, breakages and editing. Hazel is also heavily involved in local grass roots football team Cadley FC and has her own venture taking pictures of sports teams too which some of our pupils actually feature in.

Pupils asked wonderful questions such as earnings, how expensive cameras are, what if parents don't like the pictures that have been taken and what Hazel would need to do. We signposted local college courses to support Hazel's talk along with entry requirements. We can not thank Hazel enough for being generous with her time and sharing her knowledge and wisdom with our pupils.

If there are any other parents who would be interested in sharing their career with us, Mrs Lin would love to hear from you. Please email her directly on zli@olchs.lancs.sch.uk



PRESTON COLLEGE

Year 10 & 11 Open Event
THURSDAY 6 MARCH,
4-7PM

SPEAK TO TUTOR.
SEE THE FACILITIES.

For details please [click here](#)

Being One of Ours