



# Our Lady's Catholic High School



A National Teaching School

Friday, 26 January 2018

Our Prayer theme next week is Healing

We know of illness as a negative thing; something that stops us from feeling right. It can take a hold of us and control our actions and the way we live. Illness can also take on a spiritual aspect and it is no different to a physical ailment. In fact, it can often be worse because we don't always recognise the need for healing and it can cause much deeper hurt and distress than any physical wounds. The healing that we need comes from the Gospel and the example and the words of Christ. The same Christ who heals the sick, brings hope to the desperate, defeats the demons that we carry and lavishes love on our hearts. Seek the spiritual medicine.



**Lord, keep me united to you so that my heart can be healed; my lips never speak harmful words; my actions never injure. Bring your healing into the illnesses in my life and my soul. Amen.**

## **SACRAMENT OF CONFIRMATION 2018**

On Pentecost Sunday, 20 May 2018 at 2.30pm, at the Cathedral, Lancaster, Bishop Michael OSA will be administering the Sacrament of Confirmation. To all those in Years 10 and 11 in the parish of SS Mary & Michael, who wish to be Confirmed, please contact either Fr Tom Butler or Alison Dodd for a letter inviting you to enrol for the course of preparation. Alternatively, there are some at the back of church ready to collect. You will need to show commitment to the programme and attendance is essential. The sessions will commence on Tuesday, 20 March at 6.30pm. The sessions will each last 1&1/2 hours and will be take place at the parish centre. There will be a total of 7 sessions and an away day. The last session, a shorter session, will be on Tuesday, 15 May, the Tuesday before the Sacrament of Confirmation.

## **CPR TRAINING**

As a school we are rolling out CPR training for all pupils. The British Heart Foundation have a mission to create a 'Nation of Lifesavers' and, as a school, we believe that this is a crucial life skill for all our pupils. Across the UK there are over 30,000 cardiac arrests outside of hospital each year, but the survival rate is less than 1 in 10. In Norway, all school children are taught CPR and the survival rate is 1 in 4. Over the next 18 months, every child at OLCHS will be taught CPR during form time. Every child will be taught how to check for breathing, how to do chest compressions and how to give emergency breaths. This initial training will be followed up with reminder lessons, to ensure that our pupils are confident in delivering this life saving skill in an emergency.

## **VACANCY**

We currently have a vacancy for a Senior ICT Technician, 37 hours per week, full-time. It is a Grade 6 post with a salary of £20138 to £23398 and the successful candidate would be required to start as soon as possible. For an informal discussion please contact Geoff Diggles, Director of ICT on 01772-326926. Further details and application forms are available in the vacancy section of our website [www.olchs.lancs.sch.uk](http://www.olchs.lancs.sch.uk) The closing date for applications is Friday, 2 February at 12 noon.

## **DANCE DIVA**

Our annual Dance Diva takes place on Wednesday, 7 February 2018 at the Charter Theatre. As usual all Year 7 and 8 together with a selection of Year 9,10 and 11 pupils will be performing. Details will appear in the Guild Hall booklet. Tickets are priced at £7.50 for adults and £4.50 for children and are available from the Guild Hall Box Office or online at <https://prestonguildhall.co.uk>

## **Y7 BASKETBALL**

The new year 7 team have had a very positive start to their development as a basketball team for Our Lady's. They have played 4 games in the Lancashire Cup competition, winning two in majestic fashion against Brownedge and Moor Park (40-7 and 44-0 respectively). They faced tougher competition against Corpus Christi and Archbishop Temple, narrowly losing out 16-8 and 10-7 in both games. They are now looking forward to the Preston Schools' Tournament in February where they have an opportunity to play other schools in Preston in a one-off tournament.

## **YEAR 7 FOOTBALL**

This team have continued to build on a good start in the Lancashire Schools' Cup competition by beating All Hallows 7-2 in the second round of the competition. The game was played at Penwortham Priory's 3G pitch on a bitterly cold Wednesday afternoon in early January. Our Lady's were soon 1-0 down after leaving a large gap in defence which was capitalised on by our opposition who scored with ease. The team then stepped up a gear and began to play some nice, flowing football and eventually Luke Smith turned and hit a left-footed drive, deceiving the goalkeeper to level the game. We continued to push forwards and soon the goals came in abundance. Dominic Richmond ending with 4 goals and Luke Smith 3. Outstanding performances in defence from Reuben Gibbs, Ethan Dalton and Jack Dickinson ensured that goalkeeper Malachy McGuire was rarely tested. The team play the winners of St Bede's, Blackburn or Haslingden High in the next round.

## **TEACHER TRAINING AFTERNOON TEA INFORMATION EVENT**

Do you have (or are soon to be awarded) a degree? Are you interested in a career in teaching (primary or secondary)? If you answer yes to these questions then the Catholic Teaching Alliance invites you to attend a free, no obligation, information event in the Training Centre at Our Lady's Catholic High School. If you are interested we would encourage you to come in and have a chat with us about the exciting opportunities available for training in local Catholic schools. Please contact our ITT director Mr Adrian Gormally on CTAschooldirect@olchs.lancs.sch.uk or 01772 326931 to book your place on **Friday, 9 February from 2.30pm – 4pm.**

## **INTERNET SAFETY**

Are you worried about your child's use of the internet? Struggling to keep up with all the changes in the virtual world? With the advancement of the digital world and the ever-increasing use of social media platforms, the job of guiding our children and keeping them safe becomes more challenging. To help parents/carers tackle this challenge we would like to invite you to an information evening at Our Lady's Catholic High School. During the session we will give you information on how to secure the different social media platforms, issues to be aware of and what the law says in respect of their use. You will also be able to ask questions on areas of online security you may be unsure of. The session will be run by Mr Diggles, Director of IT Systems and Mr Fitzpatrick, Deputy Headteacher and will take place in the Arts' Theatre at 4.30pm on Wednesday, 31 January. If you wish to attend, please register your interest by emailing Mr Diggles at [gdi@olchs.lancs.sch.uk](mailto:gdi@olchs.lancs.sch.uk).

### **Dates to remember**

Monday, 5 February – Year 10 Work Experience week  
Thursday, 8 February – KS4 Barcelona Trip  
Friday, 9 February – School closes for half-term  
Monday, 19 February – INSET day  
Tuesday, 20 February – School opens  
Thursday, 1 March - Year 9 Parent/Carers' evening from 4.00 pm – 6.30 pm  
Thursday, 15 March - Year 7 Parent/Carers' evening from 4.00 pm – 6.30 pm  
Thursday, 29 March – School closes for Easter holidays – 12.45 pm  
Monday, 16 April – School opens