



Our Lady's Catholic High School

A National Teaching School



Friday, 13 November 2020

The theme for next week is **Gifts & Talents (MATTHEW 25:14-30)**

'I can do things you cannot, you can do things I cannot; together we can do great things'.
Mother Teresa

Consider the gifts and talents that God has given to us. Perhaps you are gifted at making others smile, sharing an encouraging word or making a good cup of tea. Perhaps you are good at sport or writing. There are many gifts and talents. What matters is not what our gifts and talents are, but how we use them in the service of God. In other words, how can we best share them with everyone we meet.

Dear Lord

Thank you for our gifts and talents.

Help us to see them in ourselves and others, and to nurture them.

Let us share these gifts generously with those we meet.


Amen

COVID 19

Please would all parents/carers be reminded that if someone in your household has symptoms of Covid, the whole household should isolate whilst a test is taken, and the result received. **Your child should remain at home and not attend school during this time.** If the result is negative, then the pupil can return to school. If it is positive, please contact school immediately. Thank you for your continued support.

COVID-19 – PHE INFORMATION

Please see the important information below and the content of the letter attached with this Newsletter for guidance.



If your child has:
a high temperature
a new, continuous cough, or
a loss of, or change in, sense of
smell or taste

This could be a sign of
coronavirus

[Book a test](#)

If your child has:
a runny nose, is sneezing or
feeling unwell
But they don't have:
a high temperature
a new, continuous cough, or
a loss of, or change in,
sense of smell or taste

These are
**not normally symptoms of
coronavirus**

Seek advice from a pharmacy, dial
111 or see your GP

PSHE DAY 1 – FRIDAY, 6 NOVEMBER

Year 7 enjoyed a wide variety of lessons on our first PSHE day last Friday. The lessons were all based around the theme of "Be Healthy". Pupils explored healthy eating and the importance of a balanced diet, the physical and emotional changes that occur during puberty, pregnancy and reproduction, balancing our lifestyles and the importance of taking care of our mental health. They responded enthusiastically and positively to the lessons.

Year 8 completed a Faith in Action day in their form groups. The day consisted of a variety of activities, from working towards the Faith in Action award with our chaplain Sarah, to sending postcards to our local residents to keep spirits high and even designing eco-friendly items of clothing. Pupils have worked hard to define the term 'Stewardship' and all participated with enthusiasm, making wonderful contributions. What a privilege it has been to share this day with the year group.

Year 9 focused on mental health awareness. They experienced a variety of lessons from spotting the signs and signals, negative and positive coping strategies to practical ways to support their mental health through breathing techniques, creativity, and physical activities. Pupils engaged with interest, responding with great maturity to the information and different activities.

Year 10 embraced the day with maturity, empathy and were an absolute delight to teach, covering topics including respectful relationships, marriage and parenting, consent, adoption, the impact of drugs and alcohol on choices and behaviour, reproduction and sexual health.

Year 11 looked at their future career and education choices. Pupils listened to informative presentations from Cardinal Newman and Preston's College to learn more about A levels, Apprenticeship, BTEC and T levels. Pupils were given the opportunity to explore possible careers and the different pathways that might lead them there. They also found out about tax, student loans and other aspects of finance and economic wellbeing.

PSHE at OLCHS represents a huge opportunity to help our young people develop. The knowledge and attributes gained will support their own wellbeing and attainment and help them to become successful and happy adults who make a meaningful contribution to society. Pupils will be more confident in being able to identify risks; resisting internal or external pressures; making informed decisions; and knowing whom, how and when to ask for help, including reporting concerns.

Dates to remember

Wednesday, 9 December – Christmas lunch

Friday, 18 December – School closes for Christmas at 12.45 pm

Monday, 4 January – School opens for the Spring Term

Friday, 12 February 2021 – School closes for half-term

Monday, 22 February INSET day School closed for all pupils

Tuesday, 23 February – School opens

Friday, 26 March - School closes for Easter at 12.45 pm

Monday, 12 April - School opens for the Summer term