



Our Lady's Catholic High School



A National Teaching School

Friday, 29 January 2021

The theme for next week is **The Presentation of the Lord (LUKE 2:22-32)**

My eyes have seen your salvation.

Simeon, an old man, instantly recognises the baby Jesus as the Messiah, when Jesus is brought into the Temple by his parents. Simeon had been waiting for this moment all his life. He can now go in peace. Our challenge is to be ready to recognise God in our lives. We might see Him in a friend or in the generous action of another. We might see Him at work in nature or in a piece of music that moves us. No matter what age we are, we can accept the challenge to open our eyes to God and respond in gratitude. We will experience the same peace as Simeon.

Dear Lord

Open my eyes to your heart, Lord. Let me see Jesus in everyone I meet. Let me listen and respond with love and compassion. Let me be changed by You.

Amen

Dear Parents and Carers

We have had another week of positive progress with lessons online and have successfully set up a Lateral Flow testing centre in the Sports Hall. After trials with staff only, yesterday we tested 68 pupils and 20 staff. Everything ran smoothly and the systems we had put in place worked extremely well. Our Newsletter this week has a competition and a challenge. I hope pupils enjoy taking part.

Best wishes for the week ahead

Nigel Ranson
Headteacher

LA CHANDELEUR (CANDLEMAS OR CRÊPE DAY)

On 2 February the French celebrate La Chandeleur with a delicious crêpe! La Chandeleur (Candlemas or Crêpe Day) is celebrated in France 40 days after Christmas and it is a day when people like to tuck into pancakes. The celebration dates from ancient times but over the centuries many areas in France have created traditions alongside the pancakes to ward off evil spirits or ask for good luck in the coming year. It is said that the round golden shape of the crêpes reminds people of the warmth of spring. Following the success of previous competitions, the Languages Department are running another competition. To enter the competition you need to make and decorate a crêpe or crêpes and send a photo of your creation by the end of Tuesday, 2 February to Mrs Crossley at ecr@olchs.lancls.sch.uk They can be sweet like a traditional Crêpe Suzette which Year 8 will know about from your module 2 work or they can be savoury, a popular thing in France with ham, cheese and egg. Or if you are feeling really adventurous maybe try a crêpe cake!

Extra challenge

A French tradition is to hold a gold coin in your writing hand and manage to flip a pancake with the other hand and catch it in the pan - if you do then you are soon to become rich! Anyone think they can manage it? Looking forward to seeing your crêpe creations! Good luck! Mrs Crossley

RECIPE OF THE WEEK – MEAT FREE BOLOGNESE

Ingredients

- 400g can chopped tomatoes
- 1 tbsp olive oil
- 1 small onion, roughly chopped
- 1 garlic clove
- 1 celery stick, roughly chopped
- 1 small carrot, cut into chunks
- 200g pack chestnut mushrooms, roughly chopped
- 200g cauliflower florets (about ½ small cauliflower) OR a pack of cauliflower rice

- 320g spaghetti
- 25g pack basil, leaves only, to serve

Method

1. Heat the olive oil in a large frying pan over a medium-high heat.
2. Put the onion, garlic, celery, carrot and chestnut mushrooms in a food processor and whizz until just finely chopped — don't overdo it, as you don't want a paste OR finely chop everything up.
3. Tip the mixture into the frying pan.
4. Blitz the cauliflower in the food processor until finely chopped, then stir into the veg mixture and add the chopped tomatoes.
5. Cook for around 10-12 mins, stirring occasionally, until soft and golden.
6. Meanwhile, cook the spaghetti in boiling water according to the pack instructions, then drain and reserve a little bit of the cooking water.
7. Season the sauce to taste. Add the spaghetti to the pan — with a splash of the pasta water, if needed, to loosen the sauce — and mix it all together.
8. Sprinkle with black pepper and garnish with the basil to serve.

The importance of staying active - the physical and emotional benefits

The Chief Medical Officer (CMO) recommends that people between the age of 5-16 should be doing 60 minutes of physical activity a day.

How can pupils and families stay active?

The Physical Education Department are providing fitness lessons for all students (home or in school) when they are timetabled to have PE lessons. These lessons are available through PE Teams. In addition, The Lancashire School Games have provided a range of online resources to help all pupils stay active from home. The website provides reasons why it's important to stay active and a range of workouts, including Boxing based video workouts from the former British Champion and World Title Challenger Brian Rose. Please use this link to stay active and healthy: <https://lancshireschoolgames.co.uk/resources-for-teenagers-secondary-schools/>

Online Resources available	Supporting your mental wellbeing	Other Suggested Games and Activities
<ul style="list-style-type: none"> • PE With Joe Wicks, 9am on Monday, Wednesday & Friday's • Couch to 5k fancy taking up running? The couch to 5k app helps you build up your runs slowly so that by the end of the programme you are able to complete 5k • Our Parks Try these free workout classes for beginners. • Nike Training Club App Go all-in by working out with NTC live in your living room. • Sweaty Betty Work out from home with Sweaty Betty's online fitness classes. With workouts ranging from yoga to HIIT. • Les Mills Free access to 100+ workouts. There is something for everyone from high intensity interval training designed to improve your strength and fitness fast, dance fitness workouts. The Born to Move children's workouts will get everyone from 4 to 16 years moving. • POPSUGAR Fitness Hundreds of workouts from celebrity trainers and experts. • Brian Rose Workout- We asked local Pro Boxer Brian Rose to provide us with some home workouts, Skipping Home workout • Shaun Gash Home Workout A home workout with local paraplegic athlete Shaun Gash 	<ul style="list-style-type: none"> • Hub of Hope By typing in your postcode you will see all the local people you can speak to if you're struggling with; Anxiety, depression or any other mental health disorders. • Young Minds There are some great resources on their website to support "young people get the best possible mental health support and have the resilience to overcome life's challenges." • NHS- Every Mind Matters Look after your mental health by taking the mind quiz to identify some positive steps you can take to manage your mental health. • Change Talks Live webinar 10am Thursday 21st January on managing anxiety and your mental health during lockdown. 	<p>Go for a walk, run or cycle (try to choose a time when it is quiet and remember to observe social distancing rules)</p> <p>Create a basic circuit of your favourite exercises</p> <p>Measure out a running route and see how long it takes you, try to beat your time.</p> <p>Learn a new skill and try to perfect it</p>

Dates to remember

Friday, 12 February 2021 – School closes for half-term at 3.30 pm
Monday, 22 February INSET day School closed for all pupils
Tuesday, 23 February – School opens
Wednesday, 24 February Year 7 Careers Day
Friday, 26 March - School closes for Easter at 12.45 pm
Monday, 12 April - School opens for the Summer term