



Our Lady's Catholic High School



A National Teaching School

Friday, 22 October 2021

The theme for next week is All Saints. (Matthew 5: 1 – 12) The Beatitudes.

'Happy the peacemakers: they shall be called sons of God...' (Matthew 5:9)

If you read all of The Beatitudes, you will see that Jesus asks us to follow him and to travel with him along the path of love, the path that alone leads to eternal life. It is not an easy journey, yet God promises that he will never abandon us. We face many challenges in life, but when we share our joys and sorrows with God, we experience the peace and joy that only God, who is love, can give. (Pope Francis. World Youth Day).

Let us reflect on these words from John.

Think of the love that the Father has lavished on us, by letting us be called God's children; and that is what we are. (1 John 1: 1-3)

Amen

LATERAL FLOW DEVICE TESTING

Please ensure that your child completes the twice-weekly COVID 19 testing during the half term holiday. We request that one of the tests is done within 24 hours of the start of the school day of Monday 1 November 2021. With thanks for your ongoing support throughout the half term

SECURITY WHILE TRAVELLING TO AND FROM SCHOOL

I must ask all families to speak with your children and tell them that they are forbidden to meet, speak to or otherwise associate with any 'outsiders' who come to wait at our school gates, or anywhere along St Anthony's Drive, if those people are wearing balaclavas or in any way seeking to hide their identity. Our staff are always at the school gate and will tell such people to remove such items or to leave, and we never hesitate to call the police on the rare occasions when 'outsiders' become unpleasant.

These measures are needed to help ensure that our school children are safe and unhindered while traveling to or from school. We share this responsibility with parents and carers and working together we create a very safe environment. Your help in ensuring that your child knows that you will not accept them associating with anyone around school who is concealing their identity is a very important component in helping everyone to feel safe.

HAND SANITISER

Although some of the Covid rules in school have been relaxed, all pupils are still required to have their own hand sanitiser in school each day. Thank you for your support.

YEAR 7 SALVATION ARMY COLLECTION

Many thanks to all who have sent in items for the Year 7 Salvation Army Appeal. Items were taken to the centre today by Terry Mattinson and they passed on their gratitude and sincere thanks to all. Your donations will make a huge difference to the lives of many. This has been a really fitting way to end the term where we have been working hard on our Being One Of Ours virtues, to be compassionate and loving.

SCIENCE IN THE NEWS

If you can tell your science teacher the answers to the questions you can earn a point.

Five sites in England and Scotland are in the final running to be the home of the UK's prototype nuclear fusion energy plant. In the article, click on the link "largest nuclear fuel project begins assembly" and read to find the answer to the following:

Question: How many times hotter than the sun does the reactor fuel need to be to achieve a fusion reaction?

<https://www.bbc.co.uk/news/uk-england-cumbria-58911210>

Plans to turn the Flotta Oil Terminal in Orkney into one of the world's first large-scale green hydrogen plants have been unveiled.

Question: How is green hydrogen produced?

<https://www.bbc.co.uk/news/uk-scotland-north-east-orkney-shetland-58882752>

Podcasts

Physics made simple - In this podcast listen to scientists talking about the properties of water.

Question: Insects can walk across the surface of pond water - what is the name of the physical property of water that allows them to do this?

<https://www.bbc.co.uk/sounds/play/p033jwsh>

Also in this podcast is this week's science at home experiment (how powerful can water be)

Videos

Are driverless pods the future of food delivery - Solihull students talk about their hands on experience.

https://www.bbc.co.uk/news/uk-england-birmingham-58928736?ns_mchannel=social&ns_source=twitter&ns_campaign=bbc_live&ns_linkname=58928736%26Are%20driverless%20pods%20the%20future%20of%20food%20delivery%3F%262021-10-15T12%3A31%3A43.659Z&ns_fee=0&pinned_post_locator=urn:bbc:cps:curie:asset:792f7321-4a3c-4b6c-ae61-43e448acf897&pinned_post_asset_id=58928736&pinned_post_type=share

NETBALL NEWS

The **Year 10** netball team had their first fixture of the season away to Archbishop Temple on Thursday, 14 October. The game was fast paced and end to end. Our Lady's managed to take an early three goal lead. However, Archbishop kept pulling it back and it was 5-5 at half time. We kept our composure in the second half, converting more shots than our opponents and the game finished 10-8 to Our Lady's. There was some excellent defending from Mariyah Mal and Erin Blackburn. Beth Moir, Katie Preece and Sophie Lovett were strong bringing the ball down court. Millie Lonergan, Leona Dickinson, and Sophie Johnson kept their cool under pressure shooting. Player of the match went to Millie.

The **Year 9 A and B** netball teams were in action against Archbishop Temple on Monday evening, 18 October. It was always going to be a challenging fixture but both teams played well in the first half with 9A trailing by just three goals at half time and 9B by just one goal. However, in the second half Archbishop extended their lead beating the 9A team 10-2 and the B team 8-3. The girls learned a lot from the game and hopefully they can use this to their advantage against Fulwood High School on Friday. Players of the Match went to Katy Brown (9A), Jessica Lovett and Lucy Monaghan (9B).

The **Year 9 and 10** Preston Schools' Netball League is now well under way and last Friday's fixture saw Our Lady's at home to Fulwood Academy. All three teams played confidently, dominating throughout, despite having several key players missing. Year 9A won 9-2, 9B 14-0 and year 10 finished 13-7 in favour of Our Lady's. It was a great team effort, but players of the match went to Judy Ellbbany, Lucy Monaghan and Mariyah Mal respectively.

FOOTBALL NEWS - BOYS

Unfortunately, the **Year 11** football team lost against Longridge High School on Monday, 11 October 2021. They faced a very strong and skilful team opposition who had a couple of outstanding players who demonstrated real quality in the final third. The visitors edged the first half in terms of possession and creating chances. Our Lady's did play some positive attacking football, but they failed to capitalise in front of goal. The visitors were dangerous on the counter, especially when they moved the ball out wide. They went into the half-time interval with a 4-0 lead. The Our Lady's players were encouraged to think and apply the basic tactics, strategies and skills both with and without the ball. They were reminded that the score line didn't reflect the true nature of the game. Unfortunately, Longridge scored another goal quickly after half time which really took the sting out of the game. The remainder of the game turned scrappy, with both sets of players showing frustration. The game finished 6-1 to the visitors. The team were disappointed of course, but many positives were taken from the game, and they know, if chances were taken in the first half, it could have been a much different second half.



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Their luck did not change, and **Year 11** were knocked out of the Lancashire Cup in the first round. They faced St Bede's Catholic High School from Ormskirk. Our Lady's started the better of the two teams, but it was a very even game throughout the first half. Neither side created too many clear chances, but Our Lady's looked a threat in the final third. Tiarnán Hayes successfully beat the last defender and drove the ball past the opposition's goalkeeper to make it 1-0 at the break. St Bede's came out hungry and determined in the second half. They seemed to win their individual battles and the ball always seemed to drop at their feet; but this wasn't luck. Our Lady's struggled to play football in the first 20 minutes of the second half. Consequently, the opposition equalised and scored another goal shortly after to go 2-1 ahead with ten minutes to go. The final ten minutes saw the best attacking football of the season with players driving forward, passing quickly and committing defenders. Chances were created and were close, but the visitors managed to see the game out resulting in 1-2 at the final whistle. Lots of positives to be taken from the game and lessons to be learnt. A final thought the players were left with: It shouldn't take going behind and the thought of losing to bring out the best football in the team. They need to play like they did in the final ten minutes regardless of the score.

The **Year 10** team produced one of their best performances of the year to beat Fulwood Academy 6-3 in the last of their league games. The game got off to a fantastic start as Ewan McMorran used his pace to beat defenders and give Our Lady's the lead after 5 minutes. That lead was doubled soon after and by the half time break Our Lady's were leading 3-2. Early into the second half and Fulwood got the equalising goal that made the game 3-3 however excellent finishes from Joel Craig, Leighton Hewitt and Toby Atherton secured the win and gave the team a good boost of confidence before they go into their Lancashire Cup fixtures in November.

After a defeat to Broughton High School last week, the **Year 8** team bounced back with a convincing 11-1 win over Archbishop Temple on Monday, 11 October. Our Lady's started brightly and were quickly in the lead after Alex Black found the back of the net from his wide left position. Two more quick goals from Alex and another from Daniel Maguire gave Our Lady's a 4-0 lead after only 15 minutes. The second half continued in the same fashion with more goals coming from Owen Inglis, Joshua Jackson, Lee Reed, Filip Markiewicz and Jake Watters. This was a great victory and will give the team a real boost of confidence going into their next game.

FOOTBALL NEWS – GIRLS U14

After a disappointing result in the English Schools Competition, we re-gathered, trained hard and put all our efforts into well timed/confident tackling as this really hindered our performance against Knowsley Hey. On Wednesday, 13 October we turned our focus to the Lancashire Cup competition and hosted Montgomery High School, Blackpool in the first round. We started well scoring two goals one after the other in a very short space of time. We were then complacent and gave their forwards a little too much space and time on the ball which resulted in the score being 2-2 at half time. We decided to change things around a little at half time and tried to challenge the keeper at every opportunity. This paid dividends with long range shots from Heidi Clark, Lexie Eastham and Gracie Burns. Final score finished 6-2 to OLCHS. A fantastic performance from all players. Back to training on Monday in anticipation for the next round of the cup.

BRITISH SCHOOLS' BIATHLON FINAL

Last weekend saw a group of six talented OLCHS athletes compete in the British Schools Biathlon National Final at GB Pentathlon headquarters at Bath University. This superb venue, with world-class facilities gave students the opportunity to compete on the National stage and it is definitely an experience they will never forget. They rose to the challenge and did not disappoint. Saturday saw the girls compete in their relevant age groups, with the boys competing on Sunday. The sportsmanship and friendship they showed with one another was truly inspirational and a clear contributing factor into their performances achieved on the track and in the swimming pool.

Day 1 - 16 October - the female athletes competed on the Saturday. Lucy Mulholland, Lucy Beesley and Freya Jones all faced a 1600m run and a 100m swim. Lucy Beesley and Freya Jones were two out of 93 total athletes in the U13

age group whilst Lucy Mulholland was 1 out of 66 athletes competing in the U14 age group. Their respective times and results can be seen below:

- Lucy Mulholland (Under 14's) - 1600m run - 6:40, 100m swim - 1:06, Position: 32nd
- Lucy Beesley (Under 13's) - 1600m run - 6:15, 100m swim 1:09, Position: 20th
- Freya Jones (Under 13's) - 1600m run - 6:53, 100m swim 1:12 , Position: 46th

Day 2 - 17 October - the male athletes competed on the Saturday. William Murray, Emil Dawkins and Finley Murray. Emil and William faced the same 1600m run but Emil was competing over a 100m swim and William had a 200m swim. Finley competed a 800m run and 50m swim. The differences was due to their age categories. Their respective times and results can be seen below:

- William Murray (Under 15's) - 1600m run - 5:25, 200m swim - 2.33, Position: 19th
- Emil Dawkins (Under 14's) - 1600m run - 5:52, 100m swim 0:59.3, Position: 11th
- Finley Murray (Under 12's) - 800m run - 2:47, 50m swim 0:35, Position: 24th

The two trios showed true friendship and support for each other all throughout the day. All six swam and ran personal bests or just short of. They encouraged each other on along the way and their support for one another was wonderful to see. Their overall positions in a national competition are absolutely outstanding and reflect their dedication to training, work ethic and determination. They epitomised what it means to be 'one of ours' and represented their school and Physical Education department with pride, passion and courage. WELL DONE!!

MORRISONS – ITS GOOD TO GROW

The Grow Token offer ends on Sunday, 24 October. If you are enrolled on the voucher scheme, please make sure you upload any outstanding vouchers before the deadline.

Dates to remember

Monday, 1 November – School opens
Tuesday, 2 November – Year 7 Parents' Information Evening
Thursday, 16 December – School closes for Christmas at 12.45 pm
Wednesday, 5 January – School opens for the Spring Term
Friday, 11 February – School closes for half-term
Tuesday, 22 February – School opens
Thursday, 28 April – Year 7 Normandy Trip