



Our Lady's Catholic High School



A National Teaching School

Friday, 19 November 2021

The theme for next week is CHRIST THE KING (John 18:33-37)

National Youth Sunday

“Arise. I appoint you as a witness of what you have seen” (Acts 26:16).

Celebrated on the Feast of Christ the King, National Youth Sunday is an opportunity to recognise young people as a gift in the Church. This year the theme is WITNESS. The disciples were first-hand witnesses of Jesus' work on earth and were sent out by Jesus to share the Good News. We are also sent out to do the same. Pope Francis has urged young Christians to “arise” and help the world start afresh with their passion and enthusiasm.

Dear Lord

We pray for our young people, that they may be filled with joy and enthusiasm and continue to bear witness to the love of God through their thoughts, words and actions.

Amen

YEAR 7 CHARITY INITIATIVES

Pupils in the Year 7 Romero Action group will be running charity initiatives within the Year 7 Form Groups in the run up to Christmas. Here is a short message from some of the Year 7 pupils in the group:

This year, we have chosen to support The Salvation Army, to continue the work we started with them at the beginning of the year and to further strengthen our relationship. We would like to ask each pupil in Year 7 to contribute £1 towards our toy appeal. With the money raised, each form will be able to purchase one large toy, or several toys suitable for children of our age. We will choose the toys we wish to buy together as a form, wrap them, sign a Christmas card, and take them to the Salvation Army to be distributed to families in the Preston area. To raise money further we will also be holding a cake sale in school on Thursday, 25 November and we would like to ask that you send some yummy cakes into school for pupils to buy. Thank you! Claudia, Elyse, Hannah, and Lilly.

PHSE DAY

PSHE education helps our young people to stay safe, healthy and prepared for life's challenges and opportunities. Pupils are able to develop the knowledge, skills and attributes they need to manage their lives, now and in the future.

Year 7 explored the theme of "Healthy Living" on their PSHE day last week. Sessions were run on different aspects of this theme including a balanced diet, reproduction and pregnancy, bullying and how to look after our mental health. The Year 7s worked very hard and were fully engaged throughout each session, participating enthusiastically in discussions and completing tasks set very neatly. Well done, Year 7!

Year 8's day revolved around the theme of Faith in Action. Pupils explored how they could put their own faith into action, both in our school and within the local community. Their sessions included a range of activities, varying from learning about CAFOD, to understanding the difficulties faced by refugees. All pupils showed a mature and compassionate attitude towards the day, and are now challenged to go and put their faith into action wherever they can.

Year 9 focused on 'Mental Health Awareness'. They experienced a variety of lessons from well 'being', developing coping strategies, mindfulness, spotting the signs, social media and mental health, 5 ways to well-being. Pupils engaged with interest, responding with great maturity to the information and different challenging activities.

Year 10 embraced the day on 'Healthy Relationships' 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 completed their first PSHE day on the topic of 'Achieving Future Success - Living in the Wider World'. Pupils began the day in assembly with speakers from both Cardinal Newman College and Preston College, looking at the various higher education avenues on offer to all. Information was shared about A-Levels, T-Levels BTECs and apprenticeships, with pupils then having the chance to look at one subject in each of these areas in a later session. Pupils also covered the art of CV and personal statement writing, managing their finances and found the session on

Future Careers particularly insightful in factoring in barriers to accessing careers. Pupils responded maturely and appropriately in all sessions and a great deal of learning took place.

VACANCIES

We currently have vacancies for the following posts and all details are available on the website:

Deputy Catering Manager – 30.67

Cleaner – 12 hours per week

Pastoral Support Assistant – 27.67 hours per week

Cover Supervisor – 26.67 hours per week

DIOCESE OF LANCASTER – VACANCY

We are pleased to provide details of a vacancy within the Diocese of Lancaster for a Choral Director. Please see full details in the attachment sent with this Newsletter.

FOOTBALL NEWS

The U16 girls have had a very busy week in terms of football. On Monday they travelled to Pool Foot Farm to play Montgomery in the 2nd round of the Lancashire Cup. Upon arrival we immediately noticed how wonderful the facilities were but how big the pitch was. This space allowed Our Lady's to pass and run at our opponents with ease. With Lucy Brown in goal and a solid defensive back four, Montgomery had very few chances. Final score was 6-1 to Our Lady's. On Thursday we travelled to Ashton to commence our bid to play at Deepdale in April. We played CTK first and scored two goals within the first few minutes. They then scored and the game finally began to settle. The goals weren't the size the girls are used to playing in, so it took a little skill adjustment to lower shots and really aim for the corners. Again, defensively we were brilliant, and no other shots got passed us. On the attack we were outstanding. Final score 10-1 to Our Lady's with goals from Annie Heaton, Alicia Scott and Ellie Sumner. We then played Ashton. We had heard they had beaten Broughton so knew we were in for a tough game. It was much more end to end as the players know each other and often play alongside each other at the weekend. We managed to sneak a goal in, and they held tight for the next 10 or so minutes. In the second half we upped our game further and managed to score an additional 2 goals. A fantastic performance from all pupils involved.

FOOTBALL NEWS

The Year 9 football team travelled to St Mary's Catholic Academy in Blackpool for their 1st round match as part of the Lancashire Cup competition. This team included many pupils who were part of the school team to reach the Lancashire Cup finals day in Year 7 and so expectations of success were high. In damp conditions the team got off to a tremendous start with Jack Meers opening the scoring for Our Lady's within the first 2 minutes after a fine near post volley from a Rhys Spickett corner. Liam Taylor doubled the lead less than 30 seconds later as he used his speed in a counter attack to outpace the defenders followed by a cool side foot finish past the stranded goalkeeper. The team's high speed start to the game was further rewarded when Liam Taylor volleyed a fantastic shot over the goalkeeper from outside the penalty area to leave the home team helpless and 3-0 down after 6 minutes. St Mary's managed to settle their defence and create a few chances of their own however the Our Lady's goalkeeper (Henry Latham) was very rarely tested by the St Mary's strikers and this was testament to the strength of our defence. A further penalty scored by Rhys Spickett and two more from Liam Taylor secured a 6-0 victory and progress into the second round for the Our Lady's team.

NETBALL NEWS

The Year 9 and 10 netball teams were in action again on Wednesday, 17 November, this time facing Broughton at home. Year 9A dominated throughout. Katy Brown and Maisie Batty were strong in defence, stopping the ball getting through to the Broughton shooters on numerous occasions. Lucy Mullholland and Eva Nugent grew in confidence with their shooting as the game went on. Lillie Heath, Zaara Patel and Judy Ellbbany all marked their players tightly coming down court and fought for every loose netball. Player of the match once again went to Lucy Beesley who was always in a space for her team, and she also passed the ball accurately to the shooters in the circle. Another great team performance.

Year 9B and 10B fought hard but their games ended in defeat. Year 9B once again had a tough game against Broughton A team. The game was end to end. However, Broughton managed to convert more of their shots. The final score finished 8-2 to Broughton. Player of the match went to Emily Woods who managed to create space well in the shooting circle. A huge thank you also to Milly Breeze who volunteered to play at the last minute due to some players being absent on the day. She played well in her debut as goalkeeper.



Our Lady's Catholic High School



A National Teaching School

Friday, 19 November 2021

Year 10's game was very fast paced and that resulted in us losing possession on occasions. Broughton's defence was strong, and we had to work hard to get the ball in the circle. However, Millie Lonergan, Sophie Johnson and Leona Dickinson worked well and kept moving to create space to get the opportunity to shoot. In the end we were out classed by a strong Broughton team, but the girls never gave up and competed right up to the final whistle. Player of the match went to Mariyah Mal who made some fantastic interceptions, especially in the second half once she had got the measure of her opponent. The final score ended 10-5 to Broughton.

SCIENCE IN THE NEWS

COP 26, the climate conference in Glasgow, has ended. World Leaders made some agreements about what they would do to minimise climate change. Read about these in the article and then answer the following question.

Question 1: Which food items are expected to become more expensive if countries like Brazil and Indonesia stop deforestation?

<https://www.bbc.co.uk/news/science-environment-59263761>

Podcast

Helium is the second lightest of the elements in the periodic table. But how much do you know about its properties and uses? Listen to the podcast and answer the following question:

Question 2: Helium is the second most abundant element in the universe but there is a limited supply on Earth. On Earth, Helium is a by-product of what scientific process?

<https://www.bbc.co.uk/sounds/play/m000cngv>

Videos

More on the results of COP 26. Towards the end of the conference, China and India insisted on changing the wording of the agreement about the use of coal.

Question 3: What was that change and what does it mean?

https://www.bbc.co.uk/news/world-59280800?ns_mchannel=social&ns_source=twitter&ns_campaign=bbc_live&ns_linkname=59280800%26Sharma%3A%20China%20and%20India%20will%20have%20to%20explain%20actions%262021-11-14T10%3A58%3A35.498Z&ns_fee=0&pinned_post_locator=urn:bbc:cps:curie:asset:567dfbd6-dde4-4c1f-99a5-92581e4b56a6&pinned_post_asset_id=59280800&pinned_post_type=share

Home Experiment

Have you ever wondered about how engineers make bridges strong enough to carry heavy loads? Try this experiment for yourself to see what effect shaping the building material has on the load it can carry.

Question: What did you discover?

<https://www.sciencebuddies.org/stem-activities/build-best-bridge>

Dates to remember

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