



Our Lady's Catholic High School



A National Teaching School

Friday, 3 December 2021

The theme for next week is Prepare the Way. (Luke 3: 1 - 6) The call of John the Baptist

2nd week of Advent – We light the second candle – Purple – The candle of peace.

Today's Gospel is the call of John the Baptist. He is the voice crying in the wilderness, making straight the way for the Lord's coming. You may feel as though your voice echoes in the wilderness and that no one is listening, but be assured, God hears you. He knows you more than you know yourself. You are not forgotten. Wait patiently for the Lord.

Dear Lord,

Advent is a time of waiting for the arrival of your Son, Jesus.

Guide us to prepare our hearts through small acts of kindness.

Help us to forgive those who have hurt us.

Open our hearts that we might see You in the everyday.

Amen

KEEP EACH OTHER AND OURSELVES SAFE FROM HARM

Following on from last term's Knife Crime Presentation when 'The JJ effect' came into school and presented to all year groups, we have been building on this theme of how to keep ourselves and each other safe from harm. This term all year groups have had two further sets of Information Assemblies which have been followed up with discussion opportunities in form time. The first one covered the subject of racism and was delivered by our Head Girl. Pupils learnt about micro aggressions, racial slurs and dark humour and how to be more mindful with the language they use not just at school but in our local community.

The second one which took place last week looked at the theme of anti-bullying and sexual harassment. The focus here was ensuring all pupils understand the importance of reporting concerns regarding any type of bullying or sexual harassment and ensuring they know how and who to report these issues to. Please follow up these themes when discussing school with your child.

EQUALITY AND DIVERSITY

As part of our work on Safeguarding and linking in with our work on equality and diversity next term we are planning Information Assemblies around the theme of 'Protected Characteristics' and ensure all our pupils have a basic understanding of the principles which underpin 'The Equality Act 2010'.

E-SCOOTER INFORMATION

Attached with this Newsletter are two information documents from the Lancashire Constabulary Road Safety Partnership regarding E-Scooters. Please would all families be aware of the content.

CASTLERIGG NEWS

It was wonderful to be able to go on retreat again to our Diocesan residential youth centre, Castlerigg Manor in Keswick for a week immediately after October half term. Many of you will have been to Castlerigg when you were at school and know what an amazing experience a retreat there is. A group of Year 10 pupils, Mrs Detko, Mrs Holohan and Sarah, our School Chaplain, spent time on retreat in the beautiful Lake District. Father Mario, our Priest Chaplain, and Sister Shienrose, a member of our Chaplaincy Team, also joined us for the second half of the retreat. Mr Ranson spent Wednesday with us, and we did our annual walk in shorts up Walla Crag with him. Mrs Finnerty came on Thursday, and we did the short walk up Castlehead and went shopping in Keswick with her! The retreat gave us time and space to reflect on the important things in life. Time was spent thinking about our relationships with each other, with the environment and with God. Opportunities to pray in different ways were experienced in the Chapel and in small groups led by the Castlerigg team.

There are several opportunities for pupils to take part in our retreat programme this year. Details of the school organised weekend retreats for Year 8 (June 2022) and Year 9 (February 2022) may be found on the school website. Please email Mrs Holohan (jho@olchs.lancs.sch.uk) if you have any questions about payment or other matters. Thank

you to those of you who have already paid the deposit. Please encourage your child to sign up for a retreat opportunity not to be missed.

For pupils in Year 10 and 11 (aged 15+) there is an Advent retreat organised by Castlerigg during the weekend of 10 - 12 December. This is especially well timed for pupils who have just completed their mock examinations. Please go on to the Castlerigg Manor website for more details and the booking form (castleriggmanor.co.uk). As this is not a school trip, you would need to make your own transport arrangements.

READING NEWSLETTER

Please see the Autumn Reading Newsletter attached with this Newsletter.

SCIENCE IN THE NEWS

We are all familiar with how important computers are in our daily lives. Scientists are trying to develop the next generation of super-fast computers that will use technology based on quantum mechanics. Read the article below to find the answer to the following question.

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

Question 1: In current computers, the unit of information is called a "bit" and can have a value of either one or zero. What is strange about the values the equivalent "qubit" in a quantum computer can have?

<https://www.bbc.co.uk/news/science-environment-59320073>

Podcast

We normally think about measuring time to see how long something takes. But time is also a very important measure in fixing the position of something or someone. The Global Positioning System (GPS) uses time to give you your location on your mobile phone. Listen to the Podcast and answer the question below:

Question 2: How many satellites are used in the Global Positioning System (GPS)

<https://www.bbc.co.uk/sounds/play/p03cglpr>

Videos

You may be familiar with 3-D printing. How do you fancy your school dinner being produced in this way? Watch the article and then answer the question.

Question 3: How much meat is there in the steak shown in the video?

https://www.bbc.co.uk/news/uk-59335815?ns_mchannel=social&ns_source=twitter&ns_campaign=bbc_live&ns_linkname=59335815%26Does%203D-printed%20%27meat%27%20pass%20the%20taste%20test%3F%262021-11-18T15%3A38%3A58.684Z&ns_fee=0&pinned_post_locator=urn:bbc:cps:curie:asset:727376fc-9c90-4ac3-bbba-47743d4eb3fb&pinned_post_asset_id=59335815&pinned_post_type=share

Home Experiment

Have you ever got a shock from static electricity? It does however have some attractive properties. Try this experiment for yourself and then answer the question

Question; Does the static electricity in this experiment produce a force of attraction or repulsion?

<https://sciencebob.com/roll-a-can-with-static-electricity/>

Dates to remember

Wednesday, 8 December – Christmas lunch

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