



Our Lady's Catholic High School



A National Teaching School

Friday, 11 February 2022

The theme for next week is Compassion. (Luke 6: 27 – 38) Love your enemies.

The Lord is Compassion & Love. (Psalm 103)

Jesus does not expect us to fall in love with our enemies. It isn't that kind of love. He asks us to show compassion to those in need, whoever they are. To love others is to follow Jesus. It is often a difficult choice – to help someone in need who we don't like, who we have never met, or even someone who has hurt us - but that is what we are called to do. Love is deeply powerful and healing. Share the gift of love and change the life of someone who may not know compassion, who needs to be forgiven, who is lost. What an amazing gift we hold in our hands.

Lord, open my heart and fill it with your compassion.

Teach me to love the less fortunate.

Amen.

HINDUISM WORKSHOP

On Tuesday, 8 and Wednesday, 9 February all Year 7 pupils were involved in a workshop with a guest Hindu speaker, Mrs Kay Patel to support their current Religious Education study of Hinduism. Pupils listened to Kay talk about Hindu beliefs and how they are shown in what Hindus do in their daily lives in the UK in 2022. Kay showed pupils pictures of her shrine at home and pupils were able to try on a sari and see worship items! Pupils were really engaged; answering questions posed and asking their own interesting questions and listening carefully to the answer. Pupils will have an opportunity discuss what they learned or anything they deepened their understanding of, and to ask any further questions, in their next RE lesson.

YEAR 10 FOOTBALL

The Year 10 Football team played in the 2nd round of the Lancashire Schools Cup competition after being given a bye in the first round. In this game they had been drawn away to Haslingden High School. The match took place on Thursday, 3 February in blustery conditions on a firm but uneven surface. Our Lady's began well, making some fluid passing movements in the first 10 minutes but struggled to create any direct scoring chances. The Haslingden goalkeeper was rarely tested in the first half as their defence were both strong and fast to ensure that no breakaway chances got near to their goal. Meanwhile the Our Lady's defence were regularly under pressure, even with the wind behind them they couldn't manage to hold on to the ball for too long before the opposition had possession themselves and were creating chances. The large pitch and windy conditions meant that all the team had to work extremely hard, and this tested their fitness levels. Haslingden eventually broke the deadlock and scored a nice near-post finish after cutting inside from the by-line and outwitting the defence. The second half began with a briskness and now Our Lady's were head-on into the wind and also had to battle a slight incline up field. This made it even more difficult for the team to get out of their own half of the field, but the team continued to work hard and never let their heads drop. Haslingden then made certain of their victory in the final 10 minutes by scoring 2 more goals to win 3-0 and proceed in the competition. The Year 10 team will now be more prepared when it comes to starting the Preston Schools Cup competition later this Spring.

NETBALL NEWS

The Year 7 and 8 teams were hosts to Corpus Christi on Friday after school. All three matches were extremely fast paced and end to end. The Year 7A and 8 matches could have gone either way. Our Lady's played the ball down court well but were made to work as Corpus marked us very closely. They were also good at intercepting our passes. We had numerous shots on goal but struggled to convert these as Corpus had very tall defenders whose athleticism enabled them to get numerous rebounds. However, both teams persevered and didn't let this get the better of them. As a result of their perseverance and focus we managed two very closely fought victories, with year 7A winning 3-2 and year 8 winning 2-0. Players of the match were awarded to Orla Chew and Isabelle Potts respectively.

After waiting very patiently and supporting the other two teams, year 7B were finally on court to face Corpus' A team. They did not let this deter them and they gave 100 per cent effort throughout the game. Again, we found it a challenge to get the netball into the shooting circle and Corpus used their tall Goal Shooter to full effect. However, Liana Kiraga and Princess Greenwood did really well, making several key interceptions. In the end though, Corpus were just too strong beating us 3-0. Player of the match was awarded to Princess Greenwood. She was always available to be passed to and her defending was consistent throughout.

Year 11 were in action on Monday, 7 February in their first fixture of the season, which saw them playing Longridge away. We had two key players missing but this did not deter the team and they started well trailing just 3 goals to one at the end of the first quarter. However, our lack of match play together with some careless mistakes saw Longridge pull away in the second quarter to increase their lead by 6 goals. At half time, we made a few tactical changes and the girls fought hard to slowly chisel away at Longridge's lead. The team managed to get within three goals and Longridge started to feel the pressure. Angel Ojumobi and Millie Metcalfe made life difficult for the Longridge shooters with some excellent defending, whilst Ellie Moran held her space well in the shooting circle for the ball to be fed in. Lucy Brown played really well out of position at Wing Defence getting several interceptions and marking her player tightly so she couldn't get the ball. The team were much more positive as they entered the fourth and final quarter with all to play for. Unfortunately, a lack of match fitness and the fast pace of our opponents saw the gap widen and the final score was 15-6. However, the team took a lot from the game, and we know what we need to focus on to improve for future matches. Millie Metcalfe was awarded player of the match.

Year 7 and 8 teams were away to Broughton on Wednesday, 9 February. The year 7A team had a bit of a shaky start and struggled to get the ball into the shooting circle in the first half. There were only two goals separating us and Broughton at half time. However, after going over our key tactics the girls started the second half with renewed confidence and were much more dominant. Emma Finnigan and Evie Mitchell got their eye in at shooting and feeds into the circle were a lot more accurate from Orla Chew and Charlotte Potts. Consequently, the team managed to extend their lead. On the final whistle it was 10-2 to Our Lady's. All credit to our defensive players Zofia Mohammadi, Meera Patel and Macy Wilson who made it very difficult for Broughton to score. As a result, we didn't concede a goal in the second half. Player of the match once again went to Evie Mitchell for her athleticism and speed which allowed her to get numerous rebounds in the circle.

Once again, year 7B again were faced with the added challenge of playing Broughton A team. However, the girls did not let this deter them and they played their own game when in possession of the ball. At times, we tried to go a little too fast and made a few mistakes resulting in the ball going to our opponents. We were also missing a key shooter, but Lillie-Mae Singleton-Fairclough stepped up to play Goal Attack and performed well. Macey Shay got the only goal of the match in the second half. The game was end to end with both teams finding it difficult to get the ball in the net. The final score was 1-1. Player of the match went to Liana Kiraga who got numerous interceptions for her team throughout the match.

The Year 8 game was very equally matched and the score was 2-2 at half time. In the second half neither team had really managed to make an impact to pull away and the score was tied with just a few minutes remaining on the clock. Both teams were feeling the pressure. Isabelle Potts and Jessica Moorcroft were consistent in defence and really made the shooters have to work hard to get any shots on goal. Bringing the ball down court, we were rushing a little and this resulted in a few careless unforced errors. This was also the case around our attacking circle. As a result of this and Broughton scoring a very late, but well-timed, goal the final score was 4-3 to our opponents. Player of the match went to Isabelle Potts for the third time this season. She remained strong in defence throughout the game and always made herself available to be passed to down court. A great effort though. The team showed great tenacity to not give up right to the final whistle.

BASKETBALL NEWS

On Wednesday, 2 February, the Year 8 Basketball team travelled to St Cecilia's RC High School to begin their Preston District Basketball tournament. Only one game was scheduled to be played; Archbishop Temple School were the opponents. The game started quite tentatively, with players from both teams making simple mistakes. Once everyone settled down, the game started to open up. Archbishop Temple were more assertive in both attacking the basket and committing to rebounding the ball. They took an 8-0 lead into the first interval. With a change of personnel, the team were instructed to pass the ball forward and move the ball quicker. The second half was much



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more competitive, and Our Lady's had more possession and shots. Unfortunately, only two were successful. Archbishop were more clinical and despite having fewer shots, they managed to achieve another three baskets making the final score 14-4 to the opposition. The team understood where they need to improve and are looking forward to the next lot of games on Wednesday, 9 February.

On Thursday, 3 February, the Year 7 Basketball team travelled to Broughton High School to continue their Lancashire Cup journey. It was a fast and frantic start to the game, with a number of players needlessly bouncing the ball, killing their space. Passes were sideways or backwards; a timeout had to be called two minutes into the game. But the team responded brilliantly. Broughton attacked the basket with pace throughout the game, with a couple of vital players executing accurate layups; they were a real threat. In contrast, Our Lady's limited their scoring opportunities by shooting from distance. They moved the ball quickly and worked well together as a team, fighting for second balls and winning rebounds under both baskets. But the slight difference between the two teams came down to the accuracy underneath the basket. Our Lady's trailed every quarter, but only by a couple of points. In the final quarter, Our Lady's were dominant, moving the ball forward with intent. Lots of shots were taken but not enough were successful. The final score finished 18-14 to the hosts. Broughton progress to the next round and we wish them all the best.

LA CHANDELEUR CHALLENGE

The Catholic holiday of Candlemas, celebrated every year on February 2, is a feast of crêpes that are meant to commemorate the purification of the Virgin Mary and the presentation of baby Jesus. In France, this holiday is called la Chandeleur, Fête de la Lumière or Jour des crêpes. To celebrate the feast, have a go at making your own crêpe or crêpe cake and enter the competition. To take part email a photo of your creation to ecr@olchs.lancls.sch.uk by Monday, 21 February. There are prizes for the best entries.

SCIENCE IN THE NEWS

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

Magnets are all around us and underpin our modern way of living. The neodymium-iron-boron magnet is used in a wide range of products from cars to computers. Read about this amazing magnet and then answer the following question.

Question 1: Who invented the neodymium-iron-boron magnet?

<https://www.bbc.co.uk/news/science-environment-60205351>

Podcast

Ohm's law defines the relationship between Resistance, Current and Voltage. This podcast talks about how Ohm's law impacts communications by telegraph.

Question 2: In what year did Ohm produce his law?

<https://www.bbc.co.uk/sounds/play/p033wslz>

Video

Science is behind new farming techniques to make it easier to grow crops in places that would previously not have been possible. Watch the video and then answer the following question.

Question 3: What scientific is given for growing plants with only water and nutrients?

https://www.bbc.co.uk/news/uk-england-london-60062588?ns_mchannel=social&ns_source=twitter&ns_campaign=bbc_live&ns_linkname=60062588%26The%20environmentally%20friendly%20way%20to%20grow%20salad%20veg%3F%262022-01-20T06%3A27%3A29.000Z&ns_fee=0&pinned_post_locator=urn:bbc:cps:curie:asset:5e20e05a-cf4c-484a-a297-ddb29fddc7d0&pinned_post_asset_id=60062588&pinned_post_type=share

Home Research

Cornwall was once a major source of tin but the last mine closed in 1998. There is now renewed interest in mining in Cornwall but this time for a different metal.

Question 4: What is that metal and why might it now be economic to mine it in the UK?



SECONDARY SCHOOL TEACHER TRAINING – INFORMATION EVENT FRIDAY 11 MARCH (2.30PM – 4.00PM)

- **Do you have (or are soon to be awarded) a degree? Are you interested in training for a career as a secondary school teacher? (Secondary PGCE with QTS, 11-16 yrs)**

If you can answer yes to both of these questions then the Catholic Teaching Alliance invites you to attend a **free, no obligation, information event** in the Training Centre at Our Lady's Catholic High School.

Date: Friday 11 March

Time: 2.30pm – 4.00pm

Venue: The Training Centre at Our Lady's

If you are interested, we would encourage you to come in and have a chat with us about the exciting opportunities available for teacher training in your local Catholic secondary schools. Please contact our Secondary Programme Lead, Mr Adrian Gormally on CTASchooldirect@olchs.lancs.sch.uk or 01772 326931 to book your place.

PSHE/RSE DAY 2

On Thursday, 3 February pupils engaged in their PSHE/RSE Curriculum with great enthusiasm.

Year 7 pupils enriched their knowledge of the importance of staying safe online, including topics such as How the media portrays young people, Online Bullying, 'Your body, Your image', Protecting their online presence, Making the right financial decisions and the Dangers of Gambling.

Year 8 pupils focused upon 'Healthy Relationships', Puberty, Choices, the law in relation to Consent, Managing peer pressure, Equality and Diversity, including LGBT+.

Year 9 explored the theme of Fundamental British Values and Citizenship. They engaged with topics such as Tolerance, Respect and Diversity in the UK, Democratic processes and Citizenship, Judiciary, Faith and Religion, Equality and Diversity, Discrimination and Protected Characteristics.

Year 10 experienced their Faith and Justice Day. Sessions included the Trading Game examining global inequalities, Injustice and BAME, Great Generation, Developing Young Leaders, Global Reflections and Prayer in the Chapel.

Year 11 engaged in the theme of 'Be Healthy'. Sessions covered the NHS, Mental wellbeing, including stress, anxiety and depression. Strategies for managing mental health, Physical health and fitness, Health and Prevention, including checking themselves for cancer and other illnesses.

The day was a huge success and feedback has been very positive.

Dates to remember

Tuesday, 22 February – School opens

Thursday, 24 February – Year 9 Parents' Evening

Thursday, 24 March – Year 7 Parents' Evening

Thursday, 28 April – Year 7 Normandy Trip

Monday, 2 May – School closed for May Day

Friday, 27 May – School closes for half-term

Monday, 6 June – School opens