



# Our Lady's Catholic High School



A National Teaching School

Friday, 4 March 2022

## **The theme for next week is Temptation (Luke 4: 1 – 13)**

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days.

None of us should have to face the wilderness alone. We are all tempted to make the wrong choices, we all make mistakes. Sometimes we might wonder if there is any way out of this wilderness! Rest assured that God loves you and recognizes you as his child – no matter what mistakes you have made. With this knowledge, you can make changes. There is always hope.

**A pure heart create in me, O God, put a steadfast spirit within me.  
Do not cast me away from your presence, nor deprive me of your Holy Spirit.  
Draw me close to you, oh Lord.  
Amen.**

## **THE UKRAINE CRISIS**

Our Chapel has been open this week for pupils to write prayers and take time to think about the people who are suffering in the Ukraine. In form time we have been using resources provided by BBC Newsround to help provide a basis for discussion and give some further understanding for all pupils. Attached is a useful guide which some parents may find useful when considering how to talk to their child.

## **FAIRTRADE COFFEE MORNING**

On Thursday, 24 February we celebrated Fairtrade Fortnight with a coffee morning run by some of the Fairtrade Group. Pupils served up freshly brewed Fairtrade coffee and tea, alongside some home-baked goods and Fairtrade biscuits. As part of our school holding the FairActive award, our staffroom tea and coffee is always Fairtrade, however, freshly brewed ground coffee was a real treat for the staff. The pupils enjoyed sharing their knowledge about Fairtrade whilst the staff enjoyed the stellar service from the pupils. Well done to the Fairtrade group, Miss. Young, Mrs. Scott and Mrs. Reeves for their fantastic organisation and service.

## **WORLD BOOK DAY**

World Book Day was once again celebrated in style at Our Lady's. Pupils and staff dressed up as their favourite book characters, competing for prizes, and many classroom and office doors were decorated to a high standard with flair and imagination. Mr Ranson surprised us all in the morning by instructing us (very dramatically!) over the tannoy to 'drop everything and read' - KS3 pupils read the short story 'Umbrella' and KS4 pupils read 'Moving On' with their class teachers which they all thoroughly enjoyed. Our Year 7 pupils took part in a book swap during form time, and they were even treated to a treasure hunt book-themed quiz in the LRC during their English lessons. At lunchtime, our extremely talented Y10 GCSE pupils performed some scenes from Willy Russell's play, 'Blood Brothers'. What a performance! The Arts' Theatre was packed with pupils from all year groups - they were all blown away by the performance and it was wonderful to be able to watch a live performance from Our Lady's pupils again. A huge thank you to everyone involved and who supported World Book Day 2022. Roll on next year!

## **LATEST COVID GUIDELINES**

If your child has symptoms of Covid, they should stay at home whilst unwell:

- a high temperature
- a new continuous cough
- loss or change to their sense of smell or taste

The latest guidelines regarding self-isolation can be found on the following link:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

## **OUTWARD BOUND**

In the final week of the last half term, 24 pupils from Year 9 travelled to Aberdovey in Wales to participate in a week long Outward Bound course. The aim of the week was to work on the core skills of resilience, team work and being able to cope when working out of our comfort zones. Pupils participated in activities such as gorge walking, nightline, jetty jump and campfire building. The main activity of the week was hiking into the mountains to a log cabin, spending the night in the log cabin and then hiking back out of the mountains the next day. All this was done whilst carrying all of their food, clothing and equipment in back packs! All pupils enjoyed the trip and were able to develop key skills that will help them on their return to school and their application in lessons.

## **NETBALL NEWS**

In order to prepare for the upcoming Year 11 netball tournament in two weeks' time, the team had a friendly on Monday night against Archbishop Temple. Both teams had not played in a while. Unfortunately, we let this show more than Archbishop and this, together with the fact that we were a player down, resulted in us trailing by eight goals at the end of the first quarter. In the first interval, we made a few tactical changes and came out fighting in the second quarter, narrowly losing that by just two goals. Quarter three and four were much more positive. We were strong in defence. Angel Ojumobi and Millie Metcalf got numerous interceptions and we started to claw back at the early lead established by Archbishop. Ellie Moran played really well out of position at Wing Defence and marked her player tightly to make it difficult for her to get the ball. Lucy Brown and Faye Maguire shot consistently and worked the ball into the shooting circle thanks to some excellent dodging. Archbishop were under increasing pressure, and this started to show. We won the final quarter 9-5. Unfortunately, the early lead built up by Archbishop was just too great and the final score was 23-17. A great effort by all the players though. They never gave up and showed great resilience throughout. Well done girls. Great tournament preparation!

On Wednesday, 2 March the Preston Schools' netball tournament took place for the first time in three years. There were 25 teams participating and it was fantastic to finally see so many schools able to compete against each other again. We had three teams taking part, Year 7A and B teams and Year 8. There were only three schools that entered B teams and so Our Lady's once again had to face A teams for most of their matches. However, the girls did not let this deter them and they fought hard in all their matches, managing to draw three games. Year 7A and Year 8 won their league after very consistent and dominant performances over the five other teams in their section. Consequently, they both qualified for the semi-finals with the maximum 25 points. Year 7A found themselves facing the runners up of the other league, Longridge A, whilst Year 8 had to play Fulwood. Nerves unfortunately got the better of Year 7. They rushed a few passes, which resulted in Longridge gaining possession and taking an early lead. The girls showed great resilience and determination to try and claw back the score but couldn't quite manage it. A great effort and experience though and the team learned a lot from it. Year 8 had a convincing win over Fulwood and were thrilled to make it into the finals where they faced St Cecilia's. The girls have yet to play them in the league, so we were up against unfamiliar opponents. They were a very quick side, and this took us by surprise at the start of the game. St Cecilia's seemed a little more competitive and managed to take the first half. After a team talk to try and settle the nerves, Our Lady's started the second half positively. Unfortunately, luck wasn't going our way and we found it challenging to get the ball in the circle to our shooters to create scoring opportunities. On the final whistle, the score finished 5-1 to St Cecilia's. However, what a superb effort for the girls' first ever tournament experience.

In addition, some Year 9 and 10 pupils went along to help with the running of the tournament, and they were absolutely amazing and really contributed to the smooth running of the tournament. Well done to Millie Lonergan, Erin Blackburn, Mariyah Mal, Beth Moir, Lucy Beesley, Freya Jones and Lucy Mullholland..

## **FOOTBALL NEWS**

The Year 9 Football team made an excellent start in their quest for success in the Preston Schools' Cup competition with a convincing 5-0 win over Corpus Christi at the quarter-final stage. The two teams had met previously in the league with Our Lady's also winning that encounter. The game was played in cold and wet conditions, and it took around 20 minutes for both teams to settle and create good enough scoring opportunities. Liam Ronan was the player to break the deadlock with a fine individual strike from distance, sailing over the goalkeeper and into the roof of the net. A further 3 goals from team captain Bruce Leeming gave a comfortable lead before a fine team goal finished by Rhys Spickett completed the excellent display. The team are already looking forward to knowing who their semi-final opponents will be.

On Thursday, 3 March, the Year 8 football team travelled to Corpus Christi Catholic High School to play their first-round game of the Preston District Cup. From start to finish, it was a dominant display from Our Lady's. The team



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kept the ball well, showing composure and vision to find team-mates in space. Connor McCluskey had little to do in the first half, but he acted decisively and quickly when he needed to. Heidi Clark was solid as usual in the heart of defence and her distribution to players further afield was fantastic. Harrison Collinson maintained firm control of the midfield; with a pacey attacking trio of Lee Reed, Owen Inglis and Jake Watters, Our Lady's were always a threat. The team created a lot of chances throughout the game and players were clinical when they arrived. Jake Watters scored 4 and with many contributions from other players, the final score finished 10-0 to Our Lady's. They now progress to the next round where they face Archbishop Temple School.

## SCIENCE IN THE NEWS

Question 1: What are the two forms hydrogen being fused in the reactor?

<https://www.bbc.co.uk/news/science-environment-60312633>

### 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>

### Video

Advanced technology in the construction industry is helping to spot mistakes during the early stages of building so they can be rectified before becoming too costly to fix.

Question 3: What is the name of the technology shown in the video?

[https://www.bbc.co.uk/news/technology-60317402?ns\\_mchannel=social&ns\\_source=twitter&ns\\_campaign=bbc\\_live&ns\\_linkname=60317402%26How%20tech%20could%20spot%20when%20building%20work%20goes%20wrong%262022-02-09T11%3A22%3A25.000Z&ns\\_fee=0&pinned\\_post\\_locator=urn:bbc:cps:curie:asset:cd2b7193-235e-4001-ac01-84506986f963&pinned\\_post\\_asset\\_id=60317402&pinned\\_post\\_type=share](https://www.bbc.co.uk/news/technology-60317402?ns_mchannel=social&ns_source=twitter&ns_campaign=bbc_live&ns_linkname=60317402%26How%20tech%20could%20spot%20when%20building%20work%20goes%20wrong%262022-02-09T11%3A22%3A25.000Z&ns_fee=0&pinned_post_locator=urn:bbc:cps:curie:asset:cd2b7193-235e-4001-ac01-84506986f963&pinned_post_asset_id=60317402&pinned_post_type=share)

### Home Research

Returning to the theme of Question 1:

Question 4: what is the scientific name for forms of an element that have the same number of protons but different numbers of neutrons? Now look up the two forms of hydrogen used in the fusion reactor and describe their atomic structure.

#### Dates to remember

Thursday, 24 March – Year 7 Parents' Evening

Thursday, 7 April – School closes for the Easter Holidays at 12.45 pm

Monday, 25 April – school opens

Monday, 2 May – School closed for May Day

Friday, 27 May – School closes for half-term

Monday, 6 June – School opens

Thursday, 21 July – School closes for the Summer Holidays at 12.45 pm