



Our Lady's Catholic High School



Prayer Theme: Peace (Matthew 11:25 - 30)

Newsletter No. 37

7th July 2023

You have hidden these things from the wise and revealed them to little children Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. 'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'



What does it mean? My yoke is easy and my burden is light? Why does Jesus refer to little children?

For a start – a yoke is the piece of wood attached to animals to enable them to pull a load. So if the yoke feels heavy, you are carrying a heavy load! In Jesus' day, in order to keep up with Jewish law, there were 613 commandments – and they were just about what you could do on the Sabbath. Most people couldn't manage to keep them all and for some life-styles, including shepherds and tax collectors, it was impossible. The trade itself prevented them from keeping the law. Jesus had a word for them. Come and follow me and you will see that my yoke is easy and my burden is light. Jesus knew that most people could not keep up with the law. He himself couldn't keep up with it! He came to preach a totally different way of following God – a truth that was being revealed to humble people, or little ones. A way of living that was easy to understand - if you were willing to listen. He was teaching compassion and love and self control. You didn't need a qualification. A child could hear this message and understand it. God the Father was revealing his message through Jesus, to all people, no matter who they were. He taught us to love in all things. In all circumstances.

Imagine putting a yoke around your neck. Imagine that this is Jesus with you. When you say sorry and mean it in your heart, he takes away all your mistakes – you are totally free of them. He carries the load. He is always with you and loves you no matter what; and with the challenges you face, he gives you constant peace.

We pray

Make me a channel of your peace.
Where there is hatred let me bring your love.
Where there is injury, your pardon, Lord
And where there's doubt, true faith in you.

Make me a channel of your peace
Where there's despair in life, let me bring hope
Where there is darkness, only light and where there's sadness, ever joy.
Amen

BOOO Virtues

Congratulations

Year 7: Lula Brady
Attentive and compassionate

Year 8: Daniel Holden and
Ethan Downing
Attentive and discerning

Year 9: Emily Boyle
Attentive and discerning

Year 10: Marwa Noaman
Curious and active





Lockers

All pupils are required to empty the contents and remove the locks from their existing lockers by Thursday 20th July. The padlocks should be taken home and kept safe ready for September, when new lockers will be allocated.

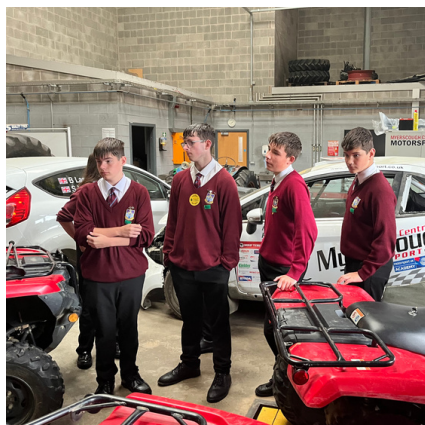
Any padlocks which are not removed will be cut off and pupils will need to buy a new padlock at the cost of £10.00, which is refundable on the return of the padlock when your child leaves Our Lady's. Pupils are not allowed to use their own padlocks, they must purchase one from school.

Myerscough College Taster Day



A select number of Year 9 pupils were given the exciting opportunity to visit Booths Distribution Centre and Myerscough College as a part of the first Lancashire Sustain Your Future Day.

They started the day with a look around the Booths Distribution Centre on the Docklands – this involved a tour of the facility, a talk about the work that Booths are doing to become more sustainable and a quiz about the history of this Northern only supermarket. They were able to see the work of the fruit butchers and then sample a large number of the products that are produced by Booths. From there, they travelled to Myerscough College where they were able to take part in a variety of activities such as Motorsports; Floristry (where they made their own festival headbands); Agriculture (where they saw how cows are milked); and feeding the endangered Scottish Wildcats. This was a fascinating day that showed how our pupils can contribute to making the world more sustainable.





Top 25% Score: Junior Kangaroo UKMT Challenge

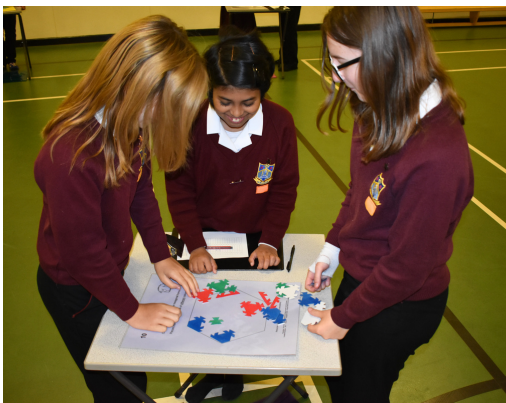
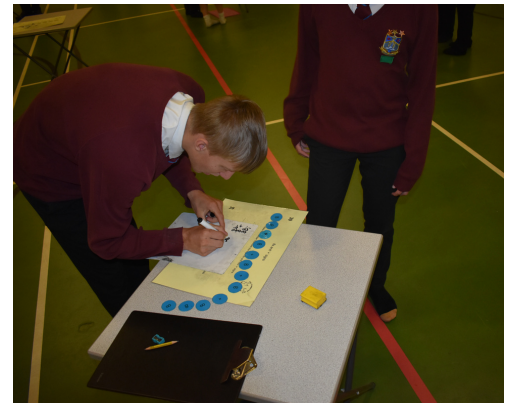
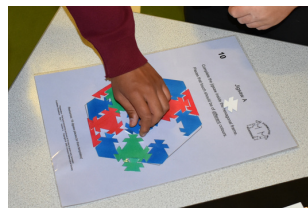
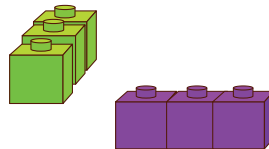
Congratulations to Jakub Dunaj, in Year 8, who took part in the Junior Kangaroo UKMT Maths Challenge (something only a small number of pupils are invited to take part in nationally). Having successfully scored 95 points, Jakub was awarded with a certificate of merit which places him in the top 25% of those who completed the challenge across the country!

A fantastic achievement Jakub, well done!



Fun Maths Roadshow

On Wednesday, pupils across all classes in Years 7 to 9 were invited to take part in a series of problem solving tasks in the FunMaths Roadshow. The event was made up of an exciting selection of over 40 tasks, of different levels of difficulty, challenging both mathematical and logical skills. Pupils showed great resilience as they worked together to find a solution, supported by an excellent group of Year 10 pupils. Many pupils came back at lunch to have another go, which was fantastic to see.



Sports News

Sports Day

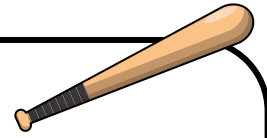


On Thursday 29th June, we were blessed with dry weather for our annual Sports Day.

Pupils competed in a series of events to win points for their form and the atmosphere was fantastic. Pupils cheered on their peers and teachers in a series of races. Great sportsmanship was shown by all. A big thank you to all the staff who helped the day run smoothly and to Sky Eye Aerial Photography for capturing the day by drone.



Being One of Ours



Year 7 & 8 Rounders - Match Results

The Year 7 and 8 rounders teams had a friendly against Moor Park on Tuesday in preparation for the Preston Schools' tournament scheduled to take place on Thursday. Pupils have been training hard and this was evident as both year groups made a strong start. Fielding was tight and there was lots of communication ensuring the ball was fielded to the correct areas to prevent Moor Park scoring.

Olivia and Zuzanna were strong on second base preventing half rounders. Molly threw accurately at back stop, whilst Georgia caught securely on first base to get Moor Park batters out early. Everyone played tactically and batted well. Consequently, Year 7 won 7 rounders to 3, and Year 8 won 8 to 2.5.

Year 7 & 8 Rounders - Tournament

On Thursday, the Year 7 girls travelled to Corpus to participate in the eagerly awaited Rounders Tournament. We were a little worried earlier in the day as it had poured down but our sun dances worked and the sun shone all afternoon.



There were seven schools in total, with all schools playing each other (1 innings of 20 good bowls). We played Ashton first and managed to secure an easy win having got all their batters out with four bowls still to be bowled. We then played Longridge. We fielded first and managed to limit lots of scoring opportunities to half rounders rather than full, although they did have a player who hit the ball all over the field.

The rest of our games were dominated by our fantastic fielding. With Ella bowling, Suzanna on 2 and Mollie at backstop the team were unstoppable. The backstop/first base link between Molly and Willow was wonderful. They managed to get thirteen players, from various schools, out.

We knew we would have a tough match against Broughton as they had also won all of their matches. Again, we managed to field first and limited their scoring. Pearl also did the most amazing catch in this game. After twenty good bowls for Broughton they had scored 2. We went into bat and every player made contact with the ball, taking the opportunities they were given. It finished 5.5 to OLCHS, 2 to Broughton.

We did not lose a match all afternoon, the girls were brilliant. The teams consisted of Mia, Erin, Pearl, Suzanna, Lula, Annaleise, Ella, Heidi, Willow and Mathilda.

Year 7 girls sport has really flourished this year and they are a force to be reckoned with. They won the district netball, reached the final at Deepdale in football, represented OLCHS strongly at Town Sports and have now won the rounders too. What a year!

Information

Dates for your Diary

- Tuesday, 11th July - Sports' Presentation Evening
- Thursday, 13th July - Lancaster Castle Trip
- Friday, 14th July - Blackpool Rewards trip
- Friday, 21st July - School closes for the summer at 12:45pm



The
Children's
Society

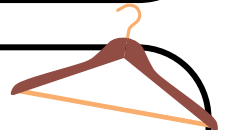
Children and Criminal Exploitation

Please find below a link to the Children's Society Guide for parents concerned about their child and criminal exploitation:

www.childrenssociety.org.uk/sites/default/files/2020-09/Guide-for-parents-worried-about-child-being-criminally-exploited.pdf

Request for Uniform

If anyone has any good quality uniform that they no longer require, we would be very grateful for any donations. We are particularly short of girl's school trousers. We thank you for your kind donations.



Instrumental Lessons

From September 2023, we will be changing from our existing system to a PDP (Parent Direct Payment Scheme). In order to continue with instrumental lessons at Our Lady's, parents/carers will need to register by following the link below, prior to the end of the Summer Term, to ensure a September start.

If your child currently has a LMS Instrument on loan, this will need to be returned to school no later than Monday 3rd July; even if they are registering to continue with instrumental lessons in September. Instrument hire can be completed as part of the registration process, by following the PDP link. You may be entitled to claim free instrument hire. LMS will continue to cover the costs of instrument hire for pupils eligible for free school meals.

On the LMS, PDP website, select the 20 minute option only. Please note that even if you select another type of lesson, we will be unable to provide this. No group lessons will be taught at OLCBS. Ensembles will continue to be provided free of charge, as part of our extra curricular timetable.

If you have any further queries, please do not hesitate to contact Mr. Robinson via email: pro@olchs.lancs.sch.uk. <https://uklancashire.speedadmin.dk/registration#/>



Being One of Ours

Information



In this exciting 4-week programme, students will journey into the fascinating world of diseases and learn what it's like to be a doctor.

The online interactive course combines real-life medical cases with real-time clinic simulations and guest speakers from varied specialities to share an insight into their lives. Each week we will cover a different set of diseases. The course is tailored for students aged 14+ and no prior medical knowledge is required.

The programme will run virtually every Wednesday throughout August 2023 and is perfect for any student contemplating pursuing a career as a doctor or in healthcare. We have received excellent feedback from previous courses and are thrilled to be able to offer this opportunity.

Early bird registration for the entire programme, which includes program access, recordings, programme chat board, handouts and certificates, is £39.50.

More information and enrolment can be found on our website at:

<https://doctorslive.co.uk/deadlydiseases/>



LOCAL SCHOOLS UNIFORM BANK

We are running a uniform bank during the summer and kindly request donations of Uniforms, P.E Kits, Shoes & Coats in good, useable condition for;

Ashton Primary School
Lea Community Primary School
St Bernard's Catholic Primary School
Ashton Community Science College
Our Lady's Catholic High School

Collection points:

Between 10th July and 1st August 2023

Oaktree Court (Wed 17:30-19:30 & Thur 10.30-12.30)

Tesco Express Lea (06:00-23:00 7 days a week)

Uniform Bank Dates:

Oaktree Court, Preesall Road, PR2 1PQ

Monday 7th August ~ 18:00 - 19:30

Friday 11th August ~ 13:00 - 14:30

Saturday 12th August ~ 13:00 - 14:30



Preston Holiday Activity Fund Offers

You will need your FSM booking code which you will receive if you're FSM eligible or entitled to book with this scheme.

For support booking, please call the dedicated support line: 07879 774978 (hosted by Care Network 9am - 5pm, Monday to Friday).

<https://getstuckin.org.uk/preston-holiday-activity-fund-offers-2609/>

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



What Parents & Carers Need to Know about

WHATSAPP

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.



WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a 'simple and secure way to let people know where you are.' It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once, if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



NOS National Online Safety
#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.03.2022

Information

THE FOXTON CENTRE
SUMMER
Programme

FREE FOR ALL

24TH JULY - 2ND SEPTEMBER 2023
FOOD PROVIDED EVERYDAY

JOIN US OVER SUMMER FOR SOME AMAZING OPPORTUNITIES FOR YOUNG PEOPLE AND THE FAMILY!!

THE FOXTON CENTRE,
KNOWSLEY ST, AVENHAM,
PRESTON - PR1 3SA

REGISTER ONLINE: SAMUEL.GREGSON@THEFOXTONCENTRE.CO.UK

ACTIVITIES:

- FOOTBALL TRIPS
- ARTS & CRAFTS
- TEAM GAMES
- BINGO
- FARM DAY
- MOVIE NIGHTS
- REPTILE ENCOUNTERS

and more!

tfc
we are here

YOUNG PEOPLES GROUPS:

MONDAYS & WEDNESDAY- SENIORS - 6.30-8.30PM - AGES 11-16 (HIGH SCHOOL AGES)

TUESDAY & THURSDAYS- JUNIORS - 6PM-8PM - AGES 8-11 (PRIMARY SCHOOL AGES)

WEDNESDAYS - TRANSITION GROUP - 4PM-6PM - AGES 10-11 (HELPING YOUNG PEOPLE TRANSITION INTO HIGH SCHOOL)

FRIDAYS - 16PLUS - 6PM-8PM - AGES 16-25

COMMUNITY/FAMILY GROUPS:

TUESDAYS - COFFEE MORNINGS - 10AM-12PM - ALL WELCOME (UNDER 18S MUST BE ACCOMPANIED BY AN ADULT)

THURSDAYS - STAY AND PLAY - 10AM-11.30AM - AGES 0-5 (PRE-SCHOOL)

THURSDAYS - COMMUNITY EVENTS - (PLEASE SEE SEPERATE POSTERS FOR MORE INFORMATION)

FRIDAYS - ART GROUP - 1PM-4PM - ALL WELCOME (UNDER 18S MUST BE ACCOMPANIED BY AN ADULT)

SATURDAYS - YOGA - 1PM-3PM - ALL WELCOME (UNDER 18S MUST BE ACCOMPANIED BY AN ADULT)

FOR MORE INFORMATION PLEASE CONTACT
SAMUEL ON 01772 555925 OPTION 2 OR
SAMUEL.GREGSON@THEFOXTONCENTRE.CO.UK

SEE YOU ALL OVER THE SUMMER!

Careers



THE BRITISH ARMY ARE NUMBER 1

BRITISH ARMY RETAIN THE TITLE FOR THE 3RD YEAR RUNNING!

98% of new soldiers enrol on an apprenticeship, making the Army the largest employer provider - but what does it mean to do an apprenticeship as a soldier?

We'll explore the range of 40 apprenticeship schemes from healthcare to IT, engineering to business administration and how you apply.

Open to anyone interested in finding out more about apprenticeships, including students, job seekers, careers advisors, parents and guardians

<https://jobs.army.mod.uk/regular-army/what-you-get/apprenticeships-skills/>

Careers Information

Pupils have been focusing on career planning in form this week.

When pupils leave high school, they are one of approximately 775,000 pupils of their age moving from high school into a job, a college course or apprenticeship. For that reason, it's best for them to have an idea of what they want to do and how to get there.

Pupils looked at how to fill in an application form, how to create a CV and tips for a job interview.



Being One of Ours