

Our Lady's Catholic High School



Newsletter No. 18
31st January 2025



The Theme Next Week: The Presentation of the Lord (Candlemas) Luke 2: 22-32

My eyes have seen your salvation that you have prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to your people Israel.

The 'Presentation of the Lord' is the renewal day for religious congregations across the world. The feast day is also known as Candlemas. This commemorates the biblical event of Mary and Joseph presenting Jesus at the Temple 40 days after his birth, marking a time for reflection and renewal of faith within the community. It is a day when candles are traditionally blessed, symbolising Christ as the 'light of the world'.



Dear Lord

We pray for more vocations in Priesthood and Religious Life.
Amen.

BOOO Virtues

Congratulations go to:

Year 7: Georgia Shirley - grateful and generous

Year 8: Florence Prodger - intentional and prophetic

Year 9: Ryan Matyanga - compassionate and loving

Year 10: Georgia Collum - active and curious

Year 11: Franki Forrest - compassionate and loving

Nieve Fraser - faith-filled and hopeful



Being One of Ours

HOLOCAUST MEMORIAL DAY

On Monday 27th January was Holocaust Memorial Day. This year is a particularly significant year as we mark 80 years since the liberation of Auschwitz Birkenau. On this day in 1945, soldiers arrived at the site of the camp in Poland to witness the horrors of the Holocaust. This week in school there have been a series of pieces of information on Padlet to help us understand what the Holocaust is, why it happened and what we can do to ensure nothing similar ever happens again.



Renee Salt, a survivor of Auschwitz spoke on BBC breakfast about her experiences. Please watch up until 3.40 as she gives her account of her time within the camps and the impact which it had upon her. Please remember very few survivors are still living to share their story, therefore we are privileged to be able to hear their testimonies. To watch the video please **CLICK HERE**

Children of the HOLOCAUST

This film explores the experiences of children who were able to escape from the Holocaust. **CLICK HERE**



HOLOCAUST
MEMORIAL
DAY TRUST

Please take a moment to think about what we can learn from the Holocaust and other genocides which the world has experienced. Think about how your words and actions can contribute to a reduction in prejudice and discrimination.



The English department would like to recommend the cinema release of *Macbeth*, starring **David Tennant** and **Cush Jumbo** which was played to sold out houses in the West End. The production is being screened in cinemas from **5 February 2025**. The critically acclaimed production, directed by **Max Webster** was filmed live during its run at the Donmar Warehouse in London.

This would be an excellent opportunity for pupils in Years 9, 10 and 11 to see the GCSE English Literature Text performed.

LA CHANDELEUR



OUR LADY'S CHALLENGE

La Chandeleur

To celebrate this, have a go at making your own crêpe or crêpe cake!
See some of last year's entries on the photos below.

Email a photo of your creation to ecr@olchs.lancs.sch.uk by **Friday 7th February**

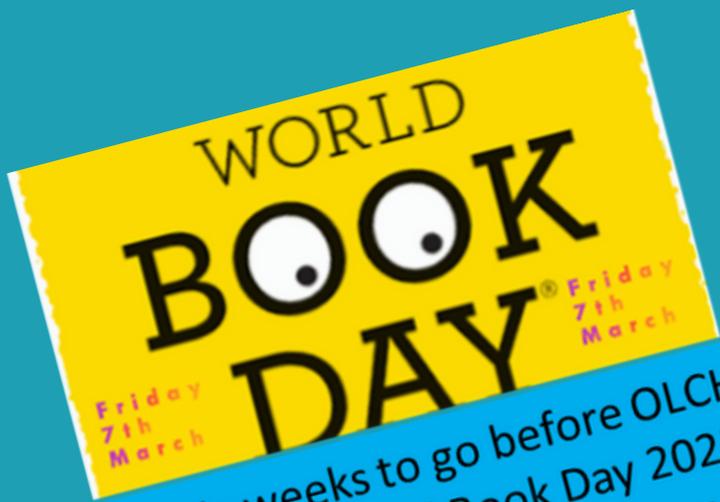
The Catholic holiday of Candlemas, celebrated every year on February 2, is a feast of crêpes that are meant to commemorate the purification of the Virgin Mary and the presentation of baby Jesus. In France, this holiday is called la Chandeleur, Fête de la Lumière or Jour des crêpes.



PRIZES FOR THE BEST ENTRIES



Being One of Ours



Only six weeks to go before OLCHS celebrates World Book Day 2025. Start planning your costume!

Recycle Old Costumes!

If you have an old costume that no longer fits, or you simply want to donate a previous costume for someone else to wear for World Book Day, please bring in to school and give to Mrs Wing.

If you require further details please contact Mrs Wing by email on SWI@olchs.lancs.sch.uk.



SCIENCE WEEKLY CHALLENGE

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

Science In The News

This week's *Science In The News* looks at technology advances in farming, which involves the use of electromagnetic radiation.

Read the article about the high-tech green house and then answer the following questions.

<https://www.bbc.co.uk/news/articles/cvgr4jznvk9o>

Question 1: The article mentions the scientific name for growing plants without the use of soil - what is it?

Question 2: How is the water that runs off the plants purified prior to re-use?

Read the article about robots checking the health of soil and then answer the following questions.

Question 3: What does the gamma-ray detector measure?

Question 4: What does the article say is the problem with traditional conventional soil assessments?

<https://www.bbc.co.uk/news/articles/c5yxw9wr3j4o>

Home Research

The articles mention both ultra-violet and gamma radiation. Do your own research to review the different parts of the EM spectrum.

Question 5 What are the typical wavelengths of ultra-violet and gamma radiations?

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

- 1 NAME THE EMOTION**
Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and regulation.
- 2 MODEL EMOTIONAL EXPRESSION**
Demonstrate healthy emotional expression by sharing your feelings openly. Show children how adults properly articulate how they're doing and what they're thinking. They learn to do the same. Discuss how you handle emotions in different circumstances and how it fits into the framework for young adults to follow.
- 3 MINDFULNESS ACTIVITIES**
Teach children mindfulness practices to help them stay present and regulate their emotions. Simple activities like breathing exercises, colouring, and journaling can reduce stress and enhance emotional regulation. Regular practice can improve their self-awareness and ability to manage their emotions.
- 4 USE STORYTELLING**
Incorporate storytelling to help children understand emotions. Stories can offer relevant examples illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might have reacted in similar situations.
- 5 PRACTISE EMPATHY**
Teach children to consider others' views and emotions – and to explore why they might think or feel that way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improve their decision-making.
- 6 ENCOURAGE JOURNALING**
Suggest keeping a journal to make notes of thoughts and emotions. An online journal can provide an outlet for self-reflection and emotional processing. Encourage children to write about how they're feeling and what they're thinking. This helps them gain insight into their own world. Do this consistently and make it a habit. Encourage them to write about their feelings.
- 7 TEACH PROBLEM-SOLVING**
Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to difficult conflicts and encourage them to think creatively about what they (and others) can do to solve their feelings or health issues. This empowers children to handle situations positively and build resilience.
- 8 CREATE A SAFE SPACE**
Establish an environment where children feel safe to display their emotions without judgement or negative consequences. Encourage them to share their feelings and thoughts with you. This helps them to express themselves with confidence and build resilience.
- 9 USE VISUAL AIDS**
Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.
- 10 CELEBRATE EMOTIONAL GROWTH**
Acknowledge and celebrate progress in emotional literacy, and praise children for managing their emotions. Positive reinforcement is a useful tool that can encourage continued growth and resilience. The importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours they've learnt them.

Meet Our Expert
Adrian Gillen is Associate Vice-Principal for Personal Development at Parsonsian Secondary School and works on an endorsement day to work for Mindful Matters, an organisation that supports schools in improving their mental health provision.

Wake Up Wednesday | The National College

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CLICK HERE

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, these volumes can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY
Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful addition to the support services available. However, they are not a substitute for professional support. It's important to check the app's credibility, reliability and effectiveness. Some apps may be designed by medical health professionals, but others may be developed by non-professionals. Always check the app's credibility, reliability and effectiveness. Some apps may be designed by medical health professionals, but others may be developed by non-professionals. Always check the app's credibility, reliability and effectiveness.

PLACE RESPONSIBILITY ON CHILDREN
Some apps add the words 'selfie' or 'upload' to their title or use cartoon avatars to make them more appealing to young people. When signing up for some of these apps, some will appear to be a simple task, but they will require you to share your child's personal information. Let them take responsibility for their own data. It's important to ensure that the app is suitable for the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT
Young people who feel anxious and have trouble sleeping may be tempted to use an app to help them. However, if they're not getting the support they need, it's important to seek professional help. If you're not sure what to do, it's important to seek professional help. If you're not sure what to do, it's important to seek professional help.

LACK OF PERSONALISATION
Mental health or wellbeing apps are useful tools for the short term, but they can't replace the support of a professional. Some apps may be designed by medical health professionals, but others may be developed by non-professionals. Always check the app's credibility, reliability and effectiveness. Some apps may be designed by medical health professionals, but others may be developed by non-professionals. Always check the app's credibility, reliability and effectiveness.

DATA SECURITY
As with any other app – not just those for mental health and wellbeing – it's important to check the app's privacy policy before downloading it. Some apps may be designed by medical health professionals, but others may be developed by non-professionals. Always check the app's credibility, reliability and effectiveness. Some apps may be designed by medical health professionals, but others may be developed by non-professionals. Always check the app's credibility, reliability and effectiveness.

IN-APP PURCHASES
Many apps will provide their most basic features for free but will require you to pay for other features. Some apps may be designed by medical health professionals, but others may be developed by non-professionals. Always check the app's credibility, reliability and effectiveness. Some apps may be designed by medical health professionals, but others may be developed by non-professionals. Always check the app's credibility, reliability and effectiveness.

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP
Before you download a mental health or wellbeing app, investigate the developer. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or educational organisation. If you're not sure what to do, it's important to seek professional help. If you're not sure what to do, it's important to seek professional help.

READ THE PRIVACY POLICY
Look into the app's terms of service – especially its privacy policy. Do as you yourself first, then go over it with the child first. It's important to ensure that the app is suitable for the child's mental health journey, so regular check-ins are recommended.

MEET OUR EXPERT
Dr Claire Buchanan is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written national evidence-based reports and research for the Australian government computing internet and online safety of young people in the UK, USA and Australia.

SEEK PROFESSIONAL SUPPORT
Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the professional advice and support of a mental health professional. These apps should never be considered a substitute for professional support. If you're not sure what to do, it's important to seek professional help. If you're not sure what to do, it's important to seek professional help.

ENCOURAGE OPEN COMMUNICATION
Mental health and wellbeing apps can be useful for setting down feelings, tracking your own health and other health activities. These can help if the problem is short-term and temporary – such as a child getting confused about upcoming events – or if you're currently waiting for professional support. However, it's important that children seek timely support on the app and have a safe space to seek about their feelings and experiences in the real world.

CLICK HERE

Online Grooming

What parents need to know

internet matters.org

Grooming is when someone seeks to build an emotional connection with a child to gain their trust for sexual purposes. It happens both online and face to face.

Children may often meet people through social and gaming sites that aren't who they say they are so it's important to discuss the risks with them.

Once groomers have gained a child's trust they may encourage them to share sexual images, or videos of themselves, live stream, or arrange to meet.

Groomers are **not** always strangers and sometimes children may not be aware that they are being groomed believing they're in a relationship with the person.

What is online grooming?

CLICK HERE

Being One of Ours

Information



Girls Kicks Sessions

Free football sessions for girls from eight to 18-year-olds

**West View
Leisure Centre**

Wednesday
5pm to 6pm

**West View
Leisure Centre,
Ribbleton Lane,
Preston,
PR1 5EP**



@pnecommunity PNECET

WOMENS FOOTBALL TASTER SESSION

Are you in Year 9 - 11?
Interested in football?

Register for a Womens only taster
session at Myerscough College now!



Book your place now by scanning the QR code or typing
the web address into your browser:

[https://www.myerscough.ac.uk/whats-on/girls-
football-taster-event/](https://www.myerscough.ac.uk/whats-on/girls-football-taster-event/)



TUESDAY | 18.02.2025 | 10AM - 2PM



Prom Dress

POP UP SHOP

St Catherine's ever-popular prom dress pop-up shop is returning on **Saturday 1st and Sunday 2nd February**, featuring excellent-quality dresses in a range of styles and sizes, plus price points to suit every pocket.

10am – 4pm

No appointment needed

St Catherine's Hospice, Lostock
Lane, PR5 5XU



St Catherine's
hospice care

Being One of Ours

**READ
MORE**

A Guide to Parking Safely at Our Schools

Inconsiderate and dangerous parking around our schools has become a big problem, putting the safety of children and others at risk. We all want to keep our children safe around schools, so here are some top tips on how you can make a difference.

How can you help?

- ✓ Keep your speed down
- ✓ Turn your engine off - do not idle
- ✓ Leave the middle of the road free, with enough room for other road users to easily pass through
- ✓ Make sure your child leaves and enters your vehicle safely onto the pavement
- ✓ Check for pedestrians and cyclists before opening a car door
- ✓ Leave enough room on pavements for pedestrians, pushchairs & wheelchairs to get past
- ✓ Take care when reversing
- ✓ DO NOT PARK ON ZIG ZAG LINES

Please keep restricted areas clear

- ✓ Zig zags and school entrances
- ✓ Dropped kerbs
- ✓ Resident's driveways
- ✓ Opposite or within 10 metres of a junction- so that children can see cars and cars can see children.

Your questions answered

What would happen if I did park in a restricted area?

If you park in a restricted area you are putting children's lives in danger and for this reason school parking is regularly monitored and enforced. If you park in a restricted area you could receive a £70 fine.

Am I okay to stop on zig zag markings if I am only there a few minutes?

No, under no circumstances should you stop on zig zag markings at any time, these are there to protect school entrances and leave a clear view of the street for pedestrians.

Please park considerably around our schools and keep our children safe!

Don't forget...

Congestion around schools is one of the main reasons given for dangerous parking and there are other ways you could do the school run...



Never park on zig zags or block school entrances



2025 Dates for your Diary

Tuesday 4 February
Year 9 Options Evening

Monday 10 February
Year 11 Revision Plan Launch

10-14 February
Year 10 Work Experience

Thursday 27 February
Year 9 Parents' Evening

Thursday 13 March
Year 8 Parents' Evening

**LIVE
School
Calendar**



SCHOOL TIMES

Arrive at school / Go to waiting areas	8.40- 8.45
Pupils go to Form rooms / Locker time	8.45- 8.55
Form Time	8.55-9.15
School finishes	3pm

Except Tuesdays (ONLY)

Pupils finish at 2.30pm

OLCHS SOCIAL MEDIA



INDOOR CRICKET

Preston Schools' Indoor Cricket Competition

On Wednesday the U16 girls cricket team competed in the Preston Schools' cricket competition held at Archbishop Temple. The OLCHS squad have been training hard over the past few weeks with our cricket coach, Lauren Burrow, and the overall commitment has been fantastic. Our first match was against Broughton. They won the toss and elected to bat. Our fielding was on point. We backed each other up and consistent bowling resulted in early wickets from some of Broughton's stronger batters, resulting in them achieving a modest 48 runs. It was then our turn to bat. Umika P had to retire after reaching the maximum run score of 20 allowed in the game. Mathilda H got run out being just one away from reaching the maximum run score.

Depth in our batting order resulted in us winning the game comfortably, with 75 runs on the board. Next, we faced Archbishop. The game was extremely close with wickets being taken by our captain Grace C who bowled and then caught the batter she faced, Umika P, Mathilda H and Ella G at wicket keeper. One of the highlights of the game was a fantastic dive catch by a Mollie O'G. We also batted well but Archbishop were well organised in the field. The final score was 62-58 in favour of our opponents. A great effort by the Our Lady's squad who, in addition to players already mentioned, consisted of Lena S, Zuzanna R, Alice S and Erin L-B.



Sporting News

TABLE TENNIS

Girls Table Tennis

The Preston Schools' table tennis competition continued on Wednesday after school. It was the final week for the U13 team and they finished with a flourish, beating Archbishop Temple A and Christ the King B 7-1 respectively, and Archbishop Temple B 8-0. Well done to Georgia S, Kasia S, Candice C and Umika P.

The U16 team had an equally successful evening with a 6-1 win against Corpus Christi C and Christ the King. Our Lady's then went on to beat Corpus Christi B. A great effort from Evie M, Meera P, Georgia C and Charlotte P. The girls have one more round next week.

FOOTBALL



Huge congratulations to the Year 7 girls who beat Netherall 13-0 on Thursday at South Grove pitches. It was a wonderful game with our opponents travelling a few hours to play the fixture. Player of the Match goes to Bella F who scored an absolutely beautiful goal from outside the box. On we March into the next round.

A special thank you to Cadley Football Club and Mrs Gregson for allowing us to use their wonderful pitch, opening the gate, sorting goals and running the line! Support like this from our grass roots clubs is phenomenal.

Being One of Ours

VISIT TO BAE

On Friday 17th January Mrs Lin took 16 Year 11 pupils to the Ask Centre at BAE in Samlesbury. The pupils met apprentices, learned about the application process, the ethos of the business and much more. Pupils were outstanding in the way in which they conducted themselves and represented Our Lady's Catholic High School.



Myerscough
College & University Centre
INSPIRING EXCELLENCE

COURSE ADVICE MORNINGS

Saturday 8th February
Saturday 29th March
Starts 10.00am

School Leavers | University Degrees | Apprenticeships



CENTRES IN PRESTON, BLACKBURN, LIVERPOOL AND WARRINGTON

Being One of Ours

YEAR 11

Oxbridge or Russell Group University

Year 11 pupils who would like to have an honest discussion about applications to Oxbridge or Russell Group University, are invited to come to the OLCHS History Hub (2nd floor) during break or lunchtime on a Monday, where Mr Ficorilli, OLCHS Independent Careers Adviser, will be able to provide help and support.

You are welcome to come along as a group or individually.

**CARDINAL
NEWMAN
COLLEGE**

**FINAL
OPEN
EVENT**



**CARDINAL
NEWMAN
COLLEGE**

OPEN DAY

SATURDAY 1ST FEBRUARY

10AM - 1PM

APPLY NOW

CARDINALNEWMAN.AC.UK

Apprenticeships

CLICK HERE



Being One of Ours

NATIONAL APPRENTICESHIP WEEK

10-16 FEBRUARY 2025

RESOURCES



At HSBC, we believe apprenticeships are the future of the workforce – a gateway to valuable skills and meaningful careers. **National Apprenticeship Week** is a time to celebrate the incredible opportunities apprenticeships offer to young people, parents, and educators.

We are excited to invite students to join us for our virtual events designed to inform and inspire students, parents, and teachers:

Virtual Events for Everyone

- HSBC & You: Discover the culture, values and opportunities that make HSBC a great place to start your career. February 11th, 2025, from 6:00-7:30pm. Register [here](#)
- Apprenticeship Pathways and Selection Process: Learn the steps to secure an apprenticeship and explore the wide range of options available. February 13th, 2025, from 4:00-5:00pm. Register [here](#)
- Meet the Apprentices: Hear directly from our current apprentices about their journey and experiences. February 12th, 2025, from 6:00-7:30pm. Register [here](#)
- Skills Apprentices Need to Succeed: A session for students eager to excel, focusing on the key skills apprentices need to thrive. February 10th, 2025, from 6:00-7:30pm. Register [here](#)
- What Employers Look for in an Apprentice: Insights straight from employers, helping students stand out in a competitive field. February 10th, 2025, from 4:00-5:00pm. Register [here](#)



Virtual Events for Teachers and Parents

- How to Support Your Child: Designed for parents and teachers, this session provides practical advice on guiding young people through apprenticeship opportunities. February 10th, 2025, from 6:00-7:30pm. Register [here](#)
- T-Levels Overview: Learn how T-Levels fit into apprenticeship pathways and why they matter for future careers. February 13th, 2025, from 6:00-7:30pm. Register [here](#)

Here at HSBC we look forward to inspiring all students and helping them take their first steps towards exciting career opportunities. Let's celebrate the National Apprenticeship Week together!

Being One of Ours