



Our Lady's Catholic High School



Newsletter No. 22

7th March 2025



The First Week of Lent: Luke 4: 1-13

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness. He was tempted by the devil for forty days. During this time, he ate nothing and at the end he was hungry. The devil said to him, 'If you are the son of God, tell this stone to turn into a loaf of bread.' But Jesus replied, 'Scripture says: A person does not live on bread alone.' (Luke 4: 1-4)

This week's Gospel shows us one of the reasons Lent is 40 days long: it reminds us of the 40 days Jesus spent in the desert being tempted. 40 is a significant number in the Bible: the people of God spent 40 years in the desert until they entered the promised Land and Moses spent 40 days and nights on Mount Sinai receiving the 10 commandments. The number 40 symbolises a time of trial or testing. In the first week of Lent, we can often be tempted to break our Lenten promises. This Gospel can give us inspiration to stick to our guns when the temptation to break our promises threatens to take over, to face the trial just as Jesus did.

Lord, you overcame your temptations. You understand our struggles. We ask for the strength you had when you were in the wilderness.

Thank you, Lord, for being there for me when I am in my hour of need.

Amen

BOOO Virtues

Congratulations go to:

Year 7: Mollie Carrington, Libby-Jo Linford - active and intentional

Year 8: Ryan Ireland - attentive and discerning

Year 9: Oliver Lutan - attentive and discerning

Year 10: Finlay Mitchell - eloquent and truthful

Year 11: Franki Forrest - compassionate and loving



Being One of Ours



Our Lady's Catholic High School

Year 9 Parent Feedback



Very Satisfied /
Satisfied

How well do you feel that we ensure your child is "One Of Ours"?

100%

How well do you feel that we give you information regarding attendance and its impact on your child?

100%

How well do you feel that we communicate with parents/carers about careers and options?

99%

How well do you feel that we ensure that your child is safe?

100%

How well do you feel that we provide classwork which challenges pupils?

100%

How satisfied are you that we pass on information in the school newsletter?

99%



Our Lady's Catholic High School

Year 9 Parent Feedback



Very Satisfied /
Satisfied

How well do you feel that we provide pupils with someone they can talk to if they have worries or concerns?

100%

How well do you feel that we enable you to support your child with their homework on Synergy?

100%

How well do you feel that we ensure school is well disciplined and orderly?

99%

How well do you feel that we know your child as an individual person?

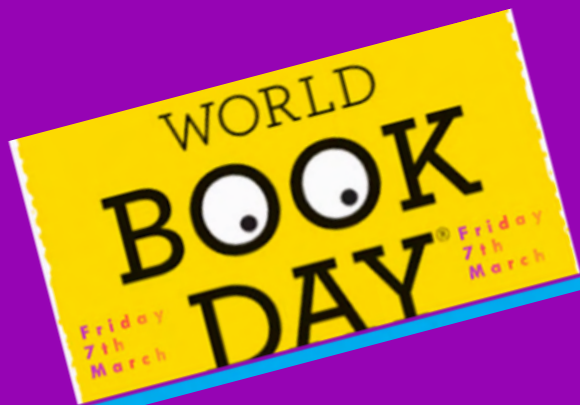
100%

How satisfied are you that you know how to keep your child safe online?

100%

How well do you feel that we ensure high standards of uniform are maintained?

100%



Today in school it was another fantastic World Book Day with both pupils and staff celebrating the occasion in amazing costumes, like the ones pictured.

See next week's newsletter for more photos including winner of the best dressed competition.



FIZZYTREE THEATRE Co.
CREATIVE MINDS GROWING TOGETHER

Our Lady's is delighted to be supporting local business FT THEATRE. Classes in acting, singing and dance for secondary school pupils.

Wednesday night's 6-8pm in Our Lady's Arts Theatre and Studio.

These classes are designed to assist pupils with confidence, self-belief and communication, enabling young people to develop their knowledge whilst learning a new, or nurturing an existing theatrical interest.

Small group sizes and supportive staff make this the ideal place for pupils to feel safe and happy to be themselves as well as a range of characters!

Visit the link below to join us for a free taster.

**PLEASE
CLICK**



LORD MAYOR VISIT

Eleven Year 8 students were rewarded for their outstanding commitment in History with the opportunity to represent the school and visit the Lord Mayor of Preston.

The Mayor gave up his time to talk to students about his role, the history of Preston's Mayors and allow them to examine the regalia which the Mayor uses, such as his ceremonial chain and the mace. Students had the opportunity to visit the Council Chamber and ask questions about the role of the wider council.

As it is National Careers Week, students were keen to ask about the Mayor's earlier career.

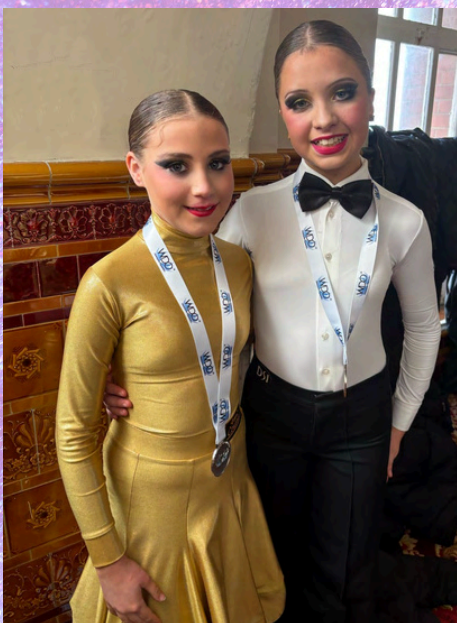
Students were wonderful ambassadors for Our Lady's and we are very grateful for all those at the Mayor's office for helping this visit to take place.



WORLD DANCE COMPETITION

Over the weekend Mollie C and Libby-Jo L took part in the **World Dance Organisation Competition** at Blackpool Tower Ballroom. The girls competed in the **Juvenile U12 six couple Latin category**. They performed brilliantly in front of a large audience and numerous judges, and finished 2nd overall and 1st in England.

An amazing achievement, well done.



7-16 March



BRITISH SCIENCE WEEK 2025



Next week is *British Science Week*....

The theme for 2025 is 'Change and Adapt.'

Changing and adapting plays a big part in science; you can find examples in every area of STEM.

Cities, towns and other areas where people live change and adapt as the world's population grows, plants and animals change and adapt to their surroundings to survive. Technology has changed exponentially and adapted to our new, busier lives (or have we changed as technology has developed?). For example, phone technology has changed rotary home telephones to smartphones.

Our behaviours change too – we need to change how we consume the world's resources to offset the worst effects of the climate crisis, and adapt our lifestyles to reduce our impact through recycling or reducing waste.

But change and adaptation doesn't just happen here on Earth, even the stars and other celestial bodies change as they gain and lose mass. Perhaps there is life on other planets that adapts as their environment changes.

When exploring this theme, we can also consider how attitudes to STEM and the people who do it have changed and adapted. Perceptions of scientists are changing and we need to keep adapting our thinking until we can no longer picture a 'stereotypical scientist' – anyone can be a scientist.

Change and adaptation is often a good thing, but not always! A topic we have all become more familiar with in the last four years, due to the COVID-19 pandemic, is viruses and how they adapt to better infect and multiply within their living hosts. This can be scary, but understanding this behaviour allows scientists to develop the most effective vaccines and other treatments.

www.britishscienceweek.org

ACTIVITIES
in **SCHOOL**



Scavenger Hunt

Animal Scavenger Hunt. You will need to match the animal and its adaptations to a member of staff!

Points and prizes to be won.

Being One of Ours

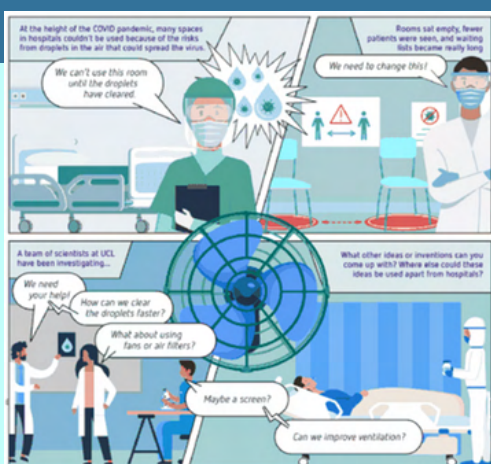
POSTER COMPETITION

Take part in the poster competition to earn points. There will also be prizes and certificates for the best entries.

The theme for this year's poster completion is linked to a team of researchers at University College London (UCL) who want your help with an idea or invention to improve the health of the air in our buildings.

Choose an indoor public space where you often spend time – this could be an area where you learn, or a place you visit regularly like a library, café or cinema. Do you think the air in this space is healthy and clean? Why? Come up with an idea or invention to change the air in your chosen space, making it healthier to breathe. How will it work? Could it be used in other public places too?

You might have a brand new idea, or you might come up with something that already exists but re-imagined in a unique or creative way. The researchers at UCL have considered lots of different ideas for improving air quality and preventing the spread of viruses in hospitals. For example, you could think about face masks, curtains and screens, ventilation, fans or air filters.



BRITISH
SCIENCE
WEEK 2025

You should present your idea or invention in an eye-catching A4 or A3 size poster like the one below.

Your poster will be judged by the following criteria:

- Creativity in approach – You might have a brand new idea, or you might come up with something that already exists but re-imagined in a unique or creative way.
- Scientific content – Your ideas should be clear, accurate and in line with your level of learning.
- Research content – You might carry out some research first, to inform your thinking, and this should be reflected in your poster.
- Viability – Could your idea work? Can you explain how? Show or explain how it would change the air in your chosen space and make it healthier!
- Presentation and effective communication – Aim to present your idea in a way that is clear, logical and easy to understand. Think about the way you set out your ideas and the use of text and images.

britishscienceweek.org/planning-your-activities/poster-competition



Year 8 Visit To The Zoo

Year 8 are going to the zoo to look at how animals have adapted and changed. Look out for photos next week.

Information



....to read

CLICK
HERE!

STEM

Be a STEM Ambassador
for the Year 7
STEM club

IMPORTANT INFORMATION

CLICK
HERE!

USEFUL RESOURCES

What's On Guide

Community Support
Information

February Online Safety
Newsletter



Online Safety
Newsletter
March 2025

Being One of Ours

Exam Revision

BOOSTING REVISION WITH THE POMODORO TECHNIQUE

Helping your child stay focused while revising can be a challenge, but using structured time blocks can make a big difference. Focus Keeper is a simple app based on the Pomodoro Technique, which encourages students to work in focused 25-minute bursts followed by short breaks.

This method helps to:

- Improve concentration
- Reduce procrastination
- Prevent burnout

Encourage your child to set a goal, work distraction-free for 25 minutes, then take a short break before repeating the cycle. It's an easy and effective way to build productive revision habits!

Try it out >> focuskeeper.co

Useful Revision Resources:

BBC Bitesize

www.bbc.co.uk/bitesize

Seneca Learning

www.senecalearning.com

GCSE Pod

www.gcsepod.com



2025 Dates for your Diary

Wednesday 12 March
Year 8 Blackpool Zoo Trip

Thursday 13 March
Year 8 Parents' Evening

Friday 14 March
PSHE Day

Tuesday 18 March
OLCHS Careers Fair

Thursday 27 March
Year 10 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



Sporting News

Year 7 Girls Football Team



Massive congratulations to the Year 7 girls football team who beat St Mary's College from Kingston Upon Hull 5-0 to book their place in the semi finals of the cup.

They are one of the last 4 in the whole of England. Proud is an understatement!

They showed strength, resilience and amazing teamwork to secure their semi finals spot. Four goals came from Coco, one of which was a free kick and a beautiful header into the goal from Rio following a fabulous corner from Fearne B.

We are so proud of the girls.



Being One of Ours

NATIONAL CAREERS WEEK

NCW 25

In school this week as part of National Careers Week 2025, pupils have had valuable insights into the wonderful world of careers.

Read below to see what pupils have been doing in class and also hear from the visitors who came into school to talk about careers.

French

For National Careers Week, Year 9 French focused their work in lessons on firstly discussing their interests, skills and work aspirations, completing a proforma as well as discussion that set out their potential plans for the future. Secondly pupils took part in two project lessons which centered on how they would go about opening an English tea room in France. This meant that they had to consider the social etiquette of France, their culture and language, as well as learning about what it means to successfully translate menus in to the target language, proof reading them and finishing with designing their own tea room abroad. Well done to all pupils for their input.



Art, Craft and Design

In Art, pupils in Year 7 looked at the role of research as an illustrator. Year 7 researched and illustrated a children's African fable.

Pupils in Year 8 looked at the work of a gallery assistant. They researched an artwork which includes figures and recreated it in their own way.

Pupils in Year 9 looked at the work of a tattoo artist and created a design based on the theme of nature.

Our KS4 classes looked at the different pathways into a career in the arts, post OLCBS.



Careers

PE

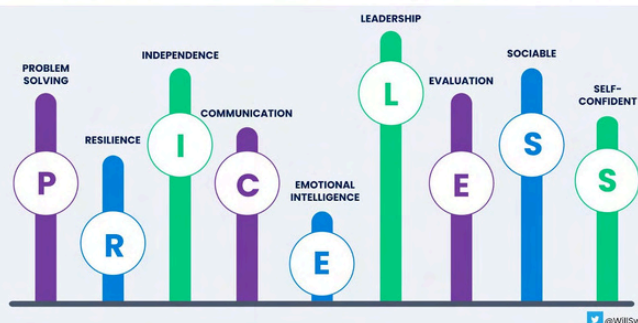
The PE department used National Careers Week to highlight the opportunities our lessons provide for pupils to develop wider character, life and employability skills. Using the acronym "PRICELESS", PE staff have been explicitly pinpointing where the different employability skills can or have been shown by members of the class and relating their importance for success across varied industries and career paths. For example, where a pupil may have led a part of the warm up for others, this shows good leadership and communication skills - important for jobs and supervisor/manager roles across all industries, roles which usually carry the higher pay within a company.

National Careers Week - two Year 10 boys ran the line for a very important English Schools' football fixture this week. Both boys are qualified referees and took their role very seriously today. The PE team are extremely proud of the professionalism both boys displayed.



PERSONAL DEVELOPMENT IN PE

Physical Education provides a P.R.I.C.E.L.E.S.S opportunity to develop wider character/ life/ employability skills



Music

In the Music Department, staff members talked about their own careers in music outside the classroom. This included a discussion about self-employment, additional income streams, networking and how to develop the necessary skills and knowledge to earn a living from making music.

Pupils were interested to learn about Mr Hickey's military background and how he continues to work as a band leader, conductor and professional musician.

Mr Robinson talked about his own experience as a performer in the world of Jazz music, earning a living performing guitar and the role of a sound engineer in the recording studio.

This all linked in with a closer look at the facilities and opportunities available for further study, post OLCHS, at Cardinal Newman College.

Being One of Ours

Computer Science

This week to celebrate National Careers Week, the Computer Science department have highlighted some jobs that may be available to them. These jobs have included:

Design Technologist at Meow Wolf. Meow Wolf is an immersive art adventure which is made up of hundreds of artists and storytellers from all over this universe. Together, they imagine and create new immersive worlds to explore.

A **Software Engineer** at MBARI where they are advancing marine science and engineering to understand our changing ocean. This is from using technology (robots) and using programming to identify marine animals through video, sound and images. This has led to new discoveries of marine life!

An **Aerospace Engineer at NASA** whose aim is to help the world have a better understanding of what is going on around us and other planets. They program spacecrafts to look at specific things on planets and the data is then sent back data to be analysed. Different missions have different objectives, so what they are asked to do can differ from mission to mission. This could include understanding the weather to learning more about asteroids. Imagine looking up into the night sky and think about spacecrafts that you have been working on! Amazing!!

Other careers pupils have looked at are security analysts, software engineers, technical programming managers and data scientists.

Each person that pupils looked at, all had their own story to *not enjoying coding at all to now working for Instagram!* It has given pupils an insight into what career possibilities that are out there!

Jobs in Computer Science all require problem solving and creativity. Computer Science is a way to impact the world.



Mathematics

The mathematics department have been focusing on the following careers this week, discussing the roles and different skills each would need and how this links to the maths we are studying

Year 7 – How Land Surveys need to be able to use directed numbers.

Year 8 – How Nurses need to be able to use fractions and percentages.

Year 9 – How do Detectives and Investigators use deduction.

Year 10- How Photographers need to be able to use ratio and fractions.

Year 11 – How Cryptographers need to be able to use functions.

Science

This year's National Careers Week shone a spotlight on the many exciting career paths that connect directly to our science curriculum. Throughout the year, we integrate career links into our lessons, helping students see how their learning applies to the real world.

There are lots of careers that link to the topics that we are studying in Science this week. Some of these careers include:

Year 7 – Air traffic controllers and structural engineers ensure safety and stability in aviation and construction.

Year 8 – Genetic counsellors, sound engineers, and architectural glass designers combine science with technology and design.

Year 9 – HVAC engineers and renewable energy consultants play vital roles in sustainability and climate control.

Year 10 – Botanists, brewers, and thermodynamic engineers apply science to nature, food, and energy.

Year 11 – Radiographers and conservation scientists protect human health and the environment.

Additionally, British Science Week is next week (7th–16th March) and the theme for this year is Adapt and Change. Our extracurricular activities will explore careers in zoology, environmental science, analytical chemistry, and climate science.

Science isn't just a subject – it's a gateway to endless possibilities and careers!

Technology

Year 7 - We discussed interior designers, how Textiles doesn't just mean fashion.

Year 8 - We looked at the wider world and how many Textiles products they use every day without thinking about it.

Year 9 – We looked at collaborative design and how it feeds into any design job in any industry.

Year 10 & 11 - Constant discussions about next steps and future careers.

Food: KS3 - Roles related to hospitality and catering.

KS4 - More varied discussion related to experiences prior to teaching. Family restaurant (catering) and career in food industry (working for Nestle and as a food stylist/ home economist for magazines, books, commercials, food retailers).

National Careers Week

VISITS & TALKS

Day 1 Year 9 Careers Talk

Year 9 were introduced to our careers advisor Mr Ficorelli. He spoke briefly about his role and how pupils would receive a one to one meeting in Year 11 with specific individual guidance on their careers choices. Mrs Lin gave an overview about the process of applying to college, the colleges available within the local area, college open evening, T Levels, apprenticeships and A Levels and what they are and the differences between them. Year 9 listened very carefully and asked wonderful questions.

Day 2 Owen Dickinson

We welcomed alumni pupil Owen Dickinson back into school to discuss his field of expertise since leaving OLCHS. Owen is just about to head to London in September after being offered places and three separate prestigious Performing Arts Establishments. Owen spoke about his time at OLCHS fondly including his performances in our school productions. Owen is currently at LIPA in Liverpool. He spoke openly about his passionate for performing arts from a young age and how his family really encouraged him to follow his dreams. He encouraged pupils to think carefully about what they enjoy at school and the skills they already have but most importantly to follow your dreams. He spoke eloquently about auditions in London, rejection and the need for resilience regardless of your career choice but especially in performing art world. At the end he asked pupils if they had any questions and Owen was inundated. Year 7 you were amazing. We can't thank Owen enough for coming back to school to share his careers story so far. We wish you the best of luck in London.

Day 3 Emma Wilson

Today we invited alumni pupil Emma Wilson back to OLCHS to share her career path since leaving Our Lady's 15 years ago! Emma studied at Newman College before going to UCLAN to study nursing. Emma spoke about the skills needed to be a nurse, the pandemic, looking after your mental wellbeing, what a typical day is life for her, what different shifts she could work, the types of patients she looks after and how much she loves her job. Y8 listened carefully and asked some very interesting questions at the end.

We cannot thank Emma enough for coming back to school day to share her careers path with our current pupils. Emma will always be *One of Ours* and we are immensely proud of her.

If you are alumni and would like to come back to school we would love to welcome you. Please send Mrs Lin an email at zli@olchs.lancs.sch.uk

National Careers Week

VISITS & TALKS

Day 4 Leyland Trucks and Lancashire Police

We welcomed Leyland Trucks and Lancashire Police into school to talk to Year 10 about apprenticeships and the various different careers within both of these organisations. Ellie from Leyland Trucks discussed when to apply for an apprenticeship, examples of good applications, tips for a successful interview and encouraged pupils to have examples of when they have shown skills such as resilience and working together in a team.

If any pupil is interested in a career at Leyland Trucks, Ellie would welcome student visits to the factory in Leyland through school. Simply email Mrs Lin.

We then had Rachel Hesketh from Lancashire Police speak. Rachel is currently a PSCO and Rachel discussed the importance of this role and the different ways in which you can apply. The rest of Rachel's talk focused on the variety of careers within the police including degree apprenticeships. Rachel mentioned Mounted Police, CID, forensics, custody officer, digital creator, mechanics, human resources and law.

We would like to say a huge thank you to both Ellie and Rachel for coming into school to share their career journeys.

Year 8 Futures

On Thursday Year 8 spent the day off timetable and completed their Futures Day. They learned all about finances, cost of living, a monthly wage, careers and the different salaries they pay, paying bills, gross salary, deductions such as national insurance and paying tax. Pupils very quickly discovered that daily life is very expensive and their given salaries don't always meet the lifestyle they want. Comments such as Miss, why is everything so expensive was a common question. Year 8 embraced the day wonderfully and asked some amazing questions. Well done Year 8.

Careers



ROYAL AIR FORCE
REGULAR & RESERVE

NO ORDINARY JOB

A SPECIAL EDITION

VIRTUAL EVENT

JOIN US ON
19TH MARCH 2025
FROM 19:30-21:00

RAF WORLD TOP GUNS

Step into the high stakes world of the Royal Air Force and take your ambition to new heights! Inspired by Channel 4's Top Guns: Inside the RAF, this special edition RAF World: Top Guns virtual event gives you unparalleled access to the cutting edge of air and intelligence operations.

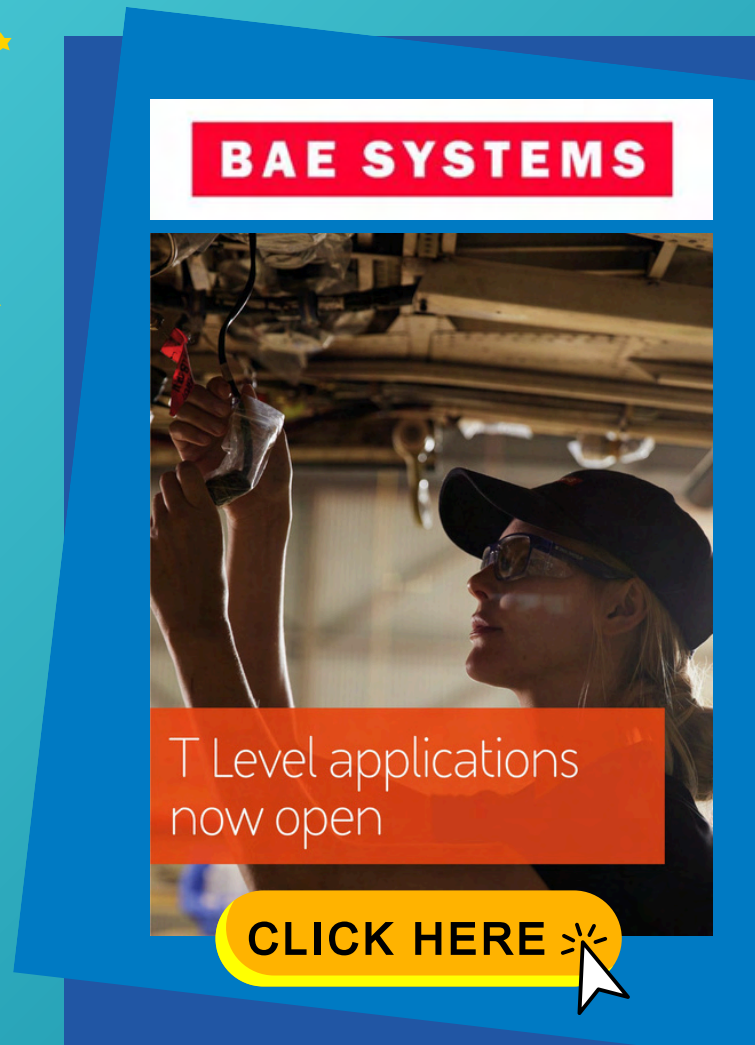
Whether you're drawn to the thrill of piloting fast jets, the precision of intelligence gathering, or the innovation behind next-gen aircraft, this is your chance to explore life on the frontlines of the RAF.

- Explore our enhanced interactive 360° global operations, delving into the world of RAF support worldwide through informative videos and insights to help you find your ideal RAF career.
- Enter virtual team rooms and chat with specialists in Aircrew, Air Operations, Engineering, Intelligence, and Security.
- Connect with a friendly RAF recruiter directly online. Our experts will answer all your enquires about career paths, RAF lifestyle, sports opportunities, benefits, and how to embark on your RAF journey.

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now open

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03/25

ARMY CAREERS NEWSLETTER

 **ARMY**
BE THE BEST



Being One of Ours