



# Our Lady's Catholic High School



Newsletter No. 23

14th March 2025



## The Second Week of Lent: The Transfiguration. Luke 9: 28-36

*'As Jesus was praying, the appearance of his face was altered.'*

The Transfiguration of Jesus is a powerful reminder of God's glory revealed in Christ. In the midst of our daily struggles and doubts, we may sometimes forget that God's light is shining in our lives. Like Peter, James, and John, we are called to experience moments of divine revelation, where we glimpse the truth of God's love and power. We are also called to bring that light back down the mountain into our ordinary lives, sharing that same love and compassion with others.

Dear Lord

Help us to listen to Your Son, Jesus, and follow His example of love, humility, and faith. Strengthen us in our journey, so that we, too, may reflect your glory to the world around us.

We offer this prayer through Christ our Lord.

Amen.

## BOOO Virtues

Congratulations go to:

Year 7: Asher Pilkington - attentive and discerning

Year 8: Jay Sanderson - attentive and discerning

Year 9: Harry Dawson - attentive and discerning

Year 10: Thomas Williams - learned and wise

Year 11: Chloe Hucks - grateful and generous



*Being One of Ours*

## BEING ONE OF OURS

Helena Nixon  
Phoebe McCann  
Teddy Jones  
Asher Pilkington

This week, four Our Lady's Catholic High School pupils who previously attended Our Lady's & St Edwards recently returned to their primary school to support a Year 5 drama workshop on '*Being Unique & Made in the Image of God*'.

The four pupils contributed to the workshop wonderfully and are a credit to OLCHS.



# DRAMA:



# SHOWTIME

## What is this year's school production?

Clues have been on Padlet every day for two weeks now. Some pupils have guessed correctly, but the drama department cannot confirm or deny!!!!

Recently Mr Pill and Mrs Slater watched the production and toured the set. *See the blurred image.*

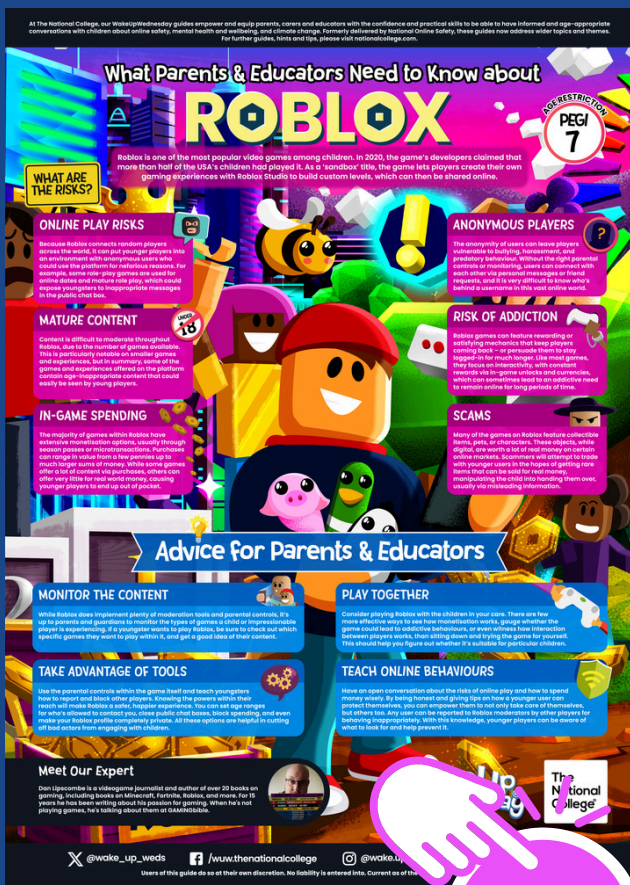


### The 'show' will be announced 20th March

Auditions 31st March | Cast reveal 3rd April | Full cast read through 7th & 11th April

## *Being One of Ours*

# Information



...to read

**COME AND JOIN US!  
NEW PLAYERS WELCOME**

**NEW SEASON  
STARTING SOON**

**ALL WELCOME FROM AGE 8+  
ENQUIRE VIA EMAIL: [FANDBJUNIORMANAGER@GMAIL.COM](mailto:FANDBJUNIORMANAGER@GMAIL.COM)  
**FULWOOD & BROUGHTON  
WOMEN & GIRLS CRICKET****

Fulwood and Broughton Cricket Club as part of their women and girls section, are wishing to attract Year 7 and 8 girls to join their newly formed U13's team for their first season in a softball cricket league.

**Please contact the club directly for more details on how to join.**

## USEFUL RESOURCES

**What's On Guide**

**Community Support  
Information**

**March Online Safety  
Newsletter**

**CATHOLIC  
TEACHING  
ALLIANCE**

**Teacher  
Training**

PGCE with QTS

*I have thoroughly  
enjoyed my experience  
and believe the course  
to be amazing.*

*Will highly recommend!*

CTA Trainee Teacher

**Train to  
teach in  
local schools**

Preston, Fylde and the Ribble Valley

[www.catholic-teaching-alliance.org](http://www.catholic-teaching-alliance.org)

**Is teaching for you?**

Early Primary (3-7 years)  
Primary (5-11 years)  
Secondary (11-16 years)  
Post 16 (14-19 years)

**Contact us for further information**  
01772 326931  
[CTAPGCE@olchs.lancs.sch.uk](mailto:CTAPGCE@olchs.lancs.sch.uk)

[www.catholic-teaching-alliance.org](http://www.catholic-teaching-alliance.org)

*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](https://focuskeeper.co)

#### Useful Revision Resources:

##### BBC Bitesize

[www.bbc.co.uk/bitesize](https://www.bbc.co.uk/bitesize)

##### Seneca Learning

[www.senecalearning.com](https://www.senecalearning.com)

##### GCSE Pod

[www.gcsepod.com](https://www.gcsepod.com)



### 2025 Dates for your Diary

**Tuesday 18 March**  
OLCHS Careers Fair

**Wednesday 26 March**  
Year 8 Cake Sale

**Wednesday 26 March**  
Normandy Trip Parents' Meeting

**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

## INDOOR CRICKET

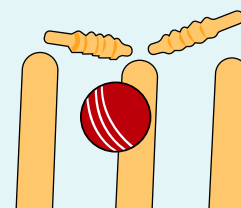
### U13 Girls Cricket Competition

The team of nine Year 7 and Year 8 students took part in the regional indoor schools' cricket finals after winning the district competition last month. The event was held at Bolton Arena with schools from across Lancashire representing their district.

The Our Lady's team played 3 games in their group, hoping to make it through to the semi-finals. The team lost their first game against St Michael's from Chorley 79-74 but convincingly won their second game against St Aiden's of Preesall 96-64. This meant that in order to secure a semi-final place they needed to win their third game against Lancaster Girls Grammar. Our Lady's batted first and scored an impressive 74 runs with Georgia S and Eden P getting the team off to a great start, running well between the wickets and communicating effectively. Umika P came in to bat 3rd and quickly scored an impressive 20 runs in one over, hitting two sixes and two fours.

At the change of inning it was our turn to bowl and the team knew they had to be secure with their fielding. All bowlers did an excellent job against a good batting team, with Umika P taking a wicket with the final bowl of the match. Agonisingly, the team were beaten by just one run with Lancaster Girls' finishing with 75 runs and progressing into the semi-finals.

An excellent experience for all involved.



## Year 7 Boys Football

Following the amazing success of the Year 7 girls football team securing their place in the semi-final of the national cup last Wednesday, the Year 7 boys team had success on the pitch themselves.

Their first round of the Preston Schools' Cup saw them face a well drilled Fulwood Academy. The game got off to a fairly frantic start with shots firing on goal from all angles.

It wasn't until around 15 minutes in, that the deadlock was broken with a fine Max O strike and the Our Lady's boys were able to settle down and play some fabulous football.

Goals were soon flowing, and the lads cemented their place in the next round of the cup competition with a 4-0 victory.



## YEAR 9 VOLLEYBALL

Our Lady's Catholic High School hosted a volleyball exhibition against Moor Park school on Monday evening. Both schools demonstrated lots of fine skills and talent along with great team spirit and sportsmanship throughout the several games. Team 1 won both of their games 2-0 and 2-1, whilst team 2 won one and lost the other.



## NATIONAL CAREERS WEEK

# NCW25

Following on from last week's OLCHS newsletter feature about all the amazing careers related activities held in school during **National Careers Week 2025**, please read below for the final part of NCW25.

### English

For National Careers Week, and coinciding with our World Book Day, we were delighted to have author Jeanette Greaves visit school. 32 Year 8 pupils enjoyed an interesting, informative and inspiring talk and had the opportunity to ask lots of questions.



### Drama

For National Careers Week, Principal Teacher of Drama Mr Pill directed pupils towards the vast array of drama careers, including Theatre work and not just front of stage but also career opportunities backstage.

**WHAT DOES YOUR CAREER PATH LOOK LIKE?**

NAME: Mrs Martin

PREVIOUS JOBS:	SKILLS DEVELOPED:
Sales assistant at a fabric store	Good Organisation
Sales assistant at a cafe	Communication
Bar work	Team Work
Waitress	Patience
Veterinary Assistant	Record keeping
Teaching Assistant	Adaptability
Higher Level Teaching Assistant	Problem Solving
English Teacher	Time management
Supply English Teacher	Reliability
Teaching Assistant	

NCW #NCW2025

**WHAT DOES YOUR CAREER PATH LOOK LIKE?**

NAME: Mrs O'Beirne

PREVIOUS JOBS:	SKILLS DEVELOPED:
Team leader	People skills
Fredericks ice cream	Communication
Sales Assistant at Next	Team building
	Perseverance
	Co-operation
	Determination
	Resilience
	Time management

NCW #NCW2025

### OLCHS Staff Career Paths

As part of National Careers Week 2025 all members of staff displayed a careers poster describing their career paths so far.

These posters have sparked insights and discussions with pupils and staff alike.

Our staff have had some very interesting and varied career paths.

# Careers

## CareersCafe



On Friday we saw Mr Anthony Pilkington of **Bricking It Builders**, come into school to visit the Careers Cafe. He gave a very insightful talk to a number of Year 9 & 10 pupils about what it is like to be a bricklayer and then to set up your own firm. He explained to the pupils the sheer delight of building things from scratch and being able to see what you've done each and every day including how pleased you make people with the work that you do. He explained the hours that need to be worked but also the bonus of working outside and for yourself each day. It was really interesting to hear and the pupils were exceedingly interested in Anthony's work.

If there are any other parents who would be interested in sharing their career with us, Mrs Lin would love to hear from you. Please email her directly on [zli@olchs.lancs.sch.uk](mailto:zli@olchs.lancs.sch.uk)



**PRESTON  
VOCATIONAL  
CENTRE**

Building Skills | Building Futures



Pupils who attend Preston Vocational Centre in Year 11 have completed their two-year course in Construction. Gabe, Tom, Harvey, Dylan, Freddie and Finlay have all now passed modules in Brick-laying, Plastering, Joinery and Plumbing.

Congratulations and we hope that it enables you to go on and study this at college or apprenticeship level next year!

**PRESTON  
COLLEGE**

More success from Preston College recently, with Abigail in Year 10 achieving distinctions in her manicure and nail art assessments.

Well done Abigail.



*Being One of Ours*

# Careers

You are invited to our...

**RUNSHAW COLLEGE**

**STEM & T Level Showcase!**

Wednesday **26th** March

**6.00pm – 7.30pm**

Tour our fantastic STEM Assured campus

Be inspired in your career by our STEM leaders

Get future ready by meeting with our STEM employers

Scan the QR code to register!

Begin your own **STEM** story with us!

Register today! [runshaw.ac.uk/stem-showcase](https://runshaw.ac.uk/stem-showcase)



**CLICK  
HERE**



**PRESTON  
COLLEGE**

**APPRENTICESHIP VACANCY**

**OFFICE  
ADMINISTRATOR**  
AT PREFERRED LOCUMS PHARMACY

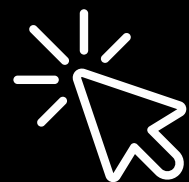
**CLICK HERE**



**ARMY**  
BE THE BEST

03/25

**ARMY CAREERS  
NEWSLETTER**



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