



Our Lady's Catholic High School



Newsletter No. 25
28th March 2025



The 4th week of Lent. The Prodigal Son (Luke 15: 11-32)

"For this son of mine was dead and is alive again; he was lost and is found." (Luke: 15:24)

The parable of the Prodigal Son reminds us of God's endless mercy. Despite the son's mistakes, his father welcomes him back with open arms, showing us that no matter how far we've strayed, God's love is always ready to embrace us. Lent is a time for us to reflect, repent, and return to God with open hearts.

Dear Lord,

During this Lenten season, help us to recognise our need for your mercy. Like the Prodigal Son, we ask for your forgiveness and embrace your love. Guide us to return to you with humble hearts and trust in your endless grace.

Amen.

BOOO Virtues

Congratulations go to:

Year 7: Jonah Maduka - generous and faith-filled

Year 8: Amanda Murray - compassionate and loving

Year 9: Ella Gardner - compassionate and loving

Year 10: Ruby Lees - intentional and prophetic

Year 11: Ellie-Mae Hudson - faith-filled and active



Being One of Ours

News

DRAMA:

SHOWTIME

OUR LADY'S CATHOLIC HIGH SCHOOL PRESENTS...

JUNE 30TH JULY 2ND & 3RD

AT 19:00



AUDITIONS

Monday 31 March

3pm – 5pm

We have had just over 60 pupils apply for auditions so far, which is brilliant. Please click opposite for the audition pack.

Pupils must fill out the application form by Monday.

On Monday auditions are 3pm-5pm including call backs. Pupils do not need their kit.

**Audition
Pack**

[click here](#)

Being One of Ours



Lancashire Book of the Year 2025: the shortlist

LANCASHIRE BOOK OF THE YEAR 9B2'S READING JOURNEY!

Mrs. Zolotarczuk's 9B2 English group is thrilled to be taking part in Lancashire Book of the Year – a fantastic opportunity to discover new books and share their love of reading! With Mrs. Towers leading the way, the group has already attended two workshops, where they have dived into discussions about the shortlisted books and shared their thoughts with enthusiasm.

They are currently making their way through the 12 shortlisted titles, exploring different genres and themes – from thrilling mysteries to powerful dystopian tales. The pupils have been fully engaged, debating their favourites and looking forward to the final event in July, where they will have a say in choosing the winner. It has been a brilliant experience so far, and we cannot wait to see which book comes out on top!

Year 10 Textiles Visit

On Friday 21 March, students from Year 10 visited Edward Taylor Textiles in Blackburn, as part of the GCSE Design Technology: Textiles course. The students were given a history of the factory from the Head of Product Development, then had an opportunity to see sportswear garments being designed and manufactured.

The experience helped students to understand more about manufacturing processes in the industry, as well as learn more about career paths within Textiles.





Great opportunity for students at OLCHS!

We are running a competition to find the best writers of historical fiction in years 7, 8 or 9. There will be prizes in school and the best 5 will be entered into a national competition.

We would love as many people to enter as possible. To help you choose your story, think about the following:

- It must be Historically accurate – even down to the choice of names which characters are given. Research is key! You might think it is a good idea to base your story around something you have studied in class.
- A riveting read with a good plot!

- A convincing story – i.e. is it possible that these events could have happened and this character could have lived at the time?
- Use of historical knowledge
- Effective use of historical vocabulary. What are the key words they you might want to use to show how accurate your story is.
- Your entry must be between 400 words and 3500 words (but remember a long story is not always best!)

Entries must be received by Friday 16th May, but you can get your entries in earlier. Your work can be handwritten or typed.

Talk to your History teacher if you need any help to get you started.

This week, Mr Bell's Year 10 Computer Science class have had the opportunity to take home Raspberry Pi's, which have been kindly donated to the school.

The Raspberry Pi is a single-board computer made by the Raspberry Pi Foundation, a UK charity that aims to educate people in computing and create easier access to computing education.

Pupils have been given the task to experiment with the Pi and report back on their findings. This could include programming, building hardware projects, creating programs for home automation, creating games, this list is endless!

Let's see what the pupils bring back. Good luck.





Pax Christi Inspires Pupils with a Message of Peace

Last week, our school had the privilege of welcoming a representative from Pax Christi, an international organisation dedicated to promoting peace, justice, and non-violence. Some of our pupils from Years 9, 10, and 11 attended the inspiring session, where they learned about the impactful work Pax Christi carries out around the world to foster understanding and reconciliation in areas affected by conflict.

The presentation highlighted Pax Christi's commitment to building bridges between communities, advocating for disarmament, and encouraging dialogue to resolve disputes peacefully.



The session sparked thoughtful discussions about the importance of promoting peace not just globally but also within our own school and local community. Many pupils reflected on how small actions—such as resolving conflicts through dialogue and showing kindness—can contribute to creating a more harmonious environment.

As a school, we are proud to support and encourage our pupils to be peacemakers in their own lives. Pax Christi's visit served as a powerful reminder that everyone has a role to play in building a more just and peaceful world.



SCIENCE WEEKLY CHALLENGE

This week's **Science In The News** looks at sunflowers and asks what might they tell us about designing resilience into very tall buildings.

Listen to the podcast on "Why don't sunflowers fall over?" Now answer the following questions.

<https://www.bbc.co.uk/sounds/play/w3ct5rhp>

Question 1: What have engineers put at the top of tall buildings to replicate the effect of the heavy sun flower head?

Question 2: What feature of a sunflower stem is copied in the construction of very tall buildings?

Question 3: What is the scientific term for copying ideas from biology into human activities?

Home Research

Once you have the answer to question 3, use it as a search word to do your own research into other examples of ideas being copied from nature.

Information

At the National College, our WakeupWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, links and tips, please visit nationalcollege.org.uk.

What Parents & Educators Need to Know about BLUESKY SOCIAL APP

AGE RESTRICTION 13+

While Bluesky has been around since 2019, it's suddenly taken off in a big way thanks to a significant exodus from X (formerly Twitter). Indeed, it looks and behaves a lot like Twitter before Elon Musk bought the platform. Bluesky has been touted in recent months as a safer, more open-minded alternative to X - but like any social media site, it still has its share of risks.

WHAT ARE THE RISKS?

NO PRIVATE ACCOUNTS

While most social networks allow accounts to be private, at the time of writing, all Bluesky accounts must be public. The development team has indicated this might change in the future, but the app is built on a public-first principle. If private accounts are ever introduced, it may only be in a limited way - such as through the implementation of group chats.

INTERACTIONS WITH STRANGERS

Every account using public means that anyone can be contacted by anyone else. While users can block and mute people, they can't easily block people or delete posts. It does mean that strangers are at particular risk of being contacted by strangers, messaged by predatory adults or exposed to online sexual harassment. These hazards can be compounded by the fact that Bluesky doesn't require its users to provide their real name.

TROLLING AND BULLYING

While Bluesky currently feels a lot friendlier than X seems to have become, its lack of private accounts means that there's nothing to stop users from trolling and cyberbullying younger people. While accounts can be blocked and reported, a persistent bully could simply create a new profile, potentially making their victims feel unsafe to continue to use the app.

USE THE ADULT CONTENT FILTER

Bluesky doesn't have much in the way of parental controls, but there are content filters which can be used to restrict younger users. These are enabled by default for underage accounts but can be manually turned on in the 'Moderation' section of the app's settings. The moderate filter removes any content containing explicit sexual content, nudity, or violence. The strict filter removes any content containing explicit sexual content, nudity, or violence, as well as any content containing hate speech, harassment, or self-harm.

ENCOURAGE BLOCKING AND REPORTING

Another tool that Bluesky uses to ensure a decent experience is muting and blocking accounts. The former prevents you from seeing a specific user's content, while the latter stops them from seeing yours. If it does seem concerning, or if you're being harassed, encourage your child to use this function, while also reporting the offender to help make the platform a safer place for everyone.

MEET OUR EXPERT

Alan Martin is an experienced technology journalist who has written for the likes of iFrog, TechRadar, TechCrunch, The Evening Standard, The Guardian and The New Statesman.

Source: See nationalcollege.org.uk/guides/page/2 for more information on Bluesky.

Follow us on social media: [@wake_up_weds](https://twitter.com/wake_up_weds), www.thenationalcollege.org.uk, [@wakeupweds](https://www.facebook.com/wakeupweds)

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

....to read

Family & Friends RESIDENTIAL Weekend

Come and join us at Water Park Adventure Centre for a 2 night residential with fun filled Outdoor activities for all the family.

Friday 25th- SUNDAY 27th July 2025

Activities available - Canoeing, Kayaking, Paddleboarding, Ghyll scrambling, Sailing, Windsurfing High and Low Ropes.

Arrive 5pm Friday- Depart Sunday 4pm

£195.00 per adult £110.00 per young person.
Price includes all food, accommodation and activities.

WATER PARK LAKELAND ADVENTURE CENTRE CONISTON WATER

01229 885456
office@waterparkadventure.co.uk
www.waterparkadventure.co.uk

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

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

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

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 2 April
Young Enterprise Final

Thursday 10 April
Easter Liturgies

Friday 11 April
End of Term - School Closes at 12.35

**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 9 Boys Football

District Cup

The Year 9 football team won 8-6 in a thrilling quarter-final district cup match against Moor Park High School on Wednesday 19 March. At half time Our Lady's were leading comfortably 5-2 however some quick goals from our opponents soon had the game tied at 6-6 with plenty of time left in the game. An amazing first time strike about 25 yards from goal by Mikey S unstoppably flew into the top corner of the net to send the players into a huge celebration and this was to help the team secure an 8-6 victory and a semi final fixture against Archbishop Temple. Other goal scorers included Jack F, Bobbie B-C, Mason D and David B.



Year 11 Boys Football

District Cup

The Year 11 team were victorious 2-0 against Corpus Christi in their quarter-final game in the district cup competition on Thursday 20 March. Our Lady's dominated the possession during the fixture but could not convert their chances, often due to some excellent goalkeeping from the opposition. Josh J broke the deadlock in the second half with an excellent strike from 10 yards, with Lee R also slotting past the goalkeeper from a narrow angle to secure the victory.

The team now face Archbishop Temple in the semi-final.

Being One of Ours

NETBALL

The final standings for the Preston Schools' netball leagues have finally been confirmed. Our Lady's teams have done well in each age group. Year 7 and 9 were undefeated to win their respective leagues convincingly. Both Year 8 and 11 were third, whilst Year 10 were close runners-up behind Longridge.

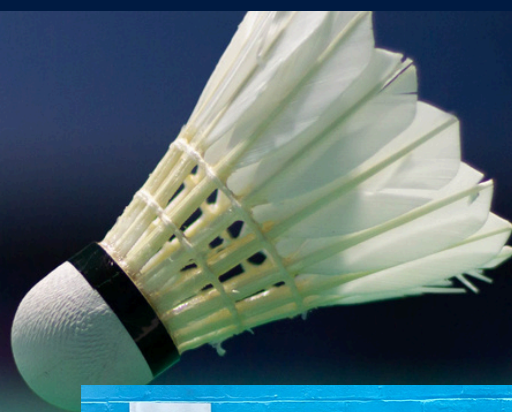


BADMINTON

On Monday the U16 badminton squad participated in the first round of the Preston Schools' tournament at Fulwood. We were fortunate enough to be able to enter two teams, competing in singles matches.

We faced some tough opposition, particularly from St. Cecilia's, and results were mixed with some wins and some losses.

However, for several of our players, it was their first taste of competitive badminton, and we hope to build on this as the tournament continues next week with doubles.



Sporting News

Year 7 Girls Football

Huge well done to the Year 7 girls football team who beat Archbishop Temple 12-0 in the first round of the Preston Schools' Cup. It was goals galore from the girls once they found their rhythm. Fantastic goal keeping from Georgia S and Amelia F who did not concede a goal.

On we march into the next round when we face Corpus Christi.

Well done girls.



U14 Girls Football

Huge congratulations to the U14 girls who beat Ashton 5-0 on Monday evening. Amazing hattrick from Amelia B followed by goals from Zuzanna R and Rose B.

The girls face Archbishop Temple in the next round which will be a tough match.



This is your chance to **network with top employers** and **explore apprenticeships**.

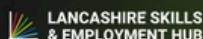
THE NORTH WEST APPRENTICESHIP & CAREERS EXPO

- 📍 Sir Tom Finney Sports Centre, Preston
- 📅 Wednesday, 2nd April 2025 ⌚ 12pm - 7pm
- 🎟️ FREE Entry | All ages welcome



Scan the
QR code and
find out more!

Working in
partnership with:



www.nwappexpo.com

Looking for an apprenticeship or a career change? Here is the perfect opportunity for you! The North West Apprenticeship & Careers Expo is taking place on **Wednesday 2nd April at The Sir Tom Finney Sports Centre at the University of Central Lancashire.**

This is the perfect opportunity for you to meet a wide selection of businesses with incredible opportunities for any age or skillset. [Click below to register.](#)

*Click
here*

**PRESTON
COLLEGE**

YEAR 10

FASHION, THEATRE AND MEDIA MAKE-UP COMPETITION

TUESDAY 22 APRIL 2025

Teams of four students from five schools will compete against each other for prizes!

Email emorris@preston.ac.uk to enter your team.

Preston College is hosting a Year 10 Fashion, Theatre and Media Make Up competition on Tuesday 22 April 2025.

This will provide Year 10 students a practical experience and insight in to the Fashion, Theatre and Media Make Up world and course at Preston College.

Please contact Mrs Lin for more information.

Careers



If any of your students are deaf and would benefit from specialist teaching at 6th Form, they might want to consider Mary Hare School.



We are the largest, national (boarding) school for deaf children and young people and teach through spoken and written English.

In our 6th Form we offer a wide range of A Levels, BTECs and vocational courses.

[Link to the website](#)

Students at Sixth Form are surrounded by a big group of deaf peers and can enjoy a great social life. There are plenty of opportunities to get involved in school life including working at our youth club, Coles Diner, gaining Life Skills and lifeguard qualifications. There is also a network of support through our Transition Programme, where students can develop their independence as they take their next steps into further education or employment.

[CLICK HERE](#) to book a visit or assessment. We are still assessing students for September 2025.



Securing the future of deaf children and young people

www.maryhare.org.uk | @MaryHareSchool



[CLICK HERE](#)

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