



# Our Lady's Catholic High School



Newsletter No. 26

4th April 2025



## The 5th Week of Lent. (John 8:1-11)

*'Let him who is without sin among you be the first to throw a stone at her.'*

The scribes and the Pharisees brought a woman who had been caught in adultery, and placing her in the midst they said to him, 'Teacher, this woman has been caught in the act of adultery. Now in the Law, Moses commanded us to stone such women. What do you say?' Jesus bent down and wrote with his finger on the ground. And as they continued to ask him, he stood up and said to them, 'Let him who is without sin among you be the first to throw a stone at her.'

In this passage, Jesus reminds us of the power of forgiveness and grace. During this season of Lent, we are called to reflect on our own sins and remember that we, too, need God's mercy. Just as Jesus showed compassion to the woman caught in adultery, he calls us to show kindness and forgiveness to others.

Dear Lord, during this Lent, help me to reflect on my own need for your mercy. Teach me to forgive as you have forgiven me. Guide me to walk in your grace and love.

Amen.

## BOOO Virtues

Congratulations go to:

Year 7: Libby-Jo Linford - curious and active

Year 8: Gracie Fleet - curious and active

Year 9: Heidi Quinn - compassionate and loving

Year 10: Solomon Evans, Zachary Craig, Maja Urbanowicz - intentional and prophetic

Year 11: Dalton Moss - intentional and prophetic



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## PE DEPARTMENT - NEW PE KIT LAUNCH



Our Lady's Catholic High School PE Department have teamed up with Official Kit, Part of the Total Insignia Group as our sole PE uniform supplier as of September 2025.

From the start of the next academic year, we will be bringing in a totally new PE uniform which will be more suitable to the modern day PE student, **better value for money** and exactly the same for both genders. The new kit will be Joma branded which offers superb performance quality for sporting activities at a fraction of the cost of the current PE kit.

Our new suppliers, Official Kit, are a well established sports and school kit provider based in Blackburn and have partnerships with a number of local high schools already, as well as providing kit and equipment across professional sport working with the likes of Preston North End, Burnley FC, and the Ryder Cup. Orders will be **placed online** and shipped out to your home address making purchasing and replacing items of kit quicker and more convenient for our parents.

The new kit will consist of **three compulsory items**: Burgundy (badged) crew neck t-shirt, black shorts and black socks.

These items will need to be brought to all PE lessons across the year but there will also be additional, optional, items which you may wish to purchase for outdoor lessons across the winter months. These are a burgundy (badged) 1/4 zip jumper, a badged, black waterproof jacket and plain black, Joma tracksuit bottoms.

The new PE uniform will be **compulsory for all new Year 7 pupils** joining us in September 2025 however, pupils from other years will have the **option** to purchase and wear the new kit from September if they wish. Please be aware that the new PE kit will be compulsory for **All** students from **September 2026**.

Should you need to replace a PE kit in the final term, please do NOT feel you have to commit to buying the current PE uniform which will soon be discontinued. Please encourage your son/daughter to speak with their PE teacher who will be able to source some good quality items which can be used until the end of the academic year.

More information and confirmation of the webshop going live will be sent home via Synergy and published in the school letter in the coming months.



## Year 8 **The Entrepreneur Competition**



Congratulations to the Young Enterprise team, Busy Bees, who took part in the Cumbria and Lancashire Area Final of the 2025 Young Enterprise Competition this week.

The team received the Sustainability award as recognition of their excellent efforts in considering no waste production and limiting the environmental impact of their business in protecting the bee population.

## **BUSY BEES**



## **Sparx Learning** **Sparx Maths**

The SPARX Maths Leaderboard has been updated outside M2 in the Maths block

Congratulations to all those who are in the top 10 in their year group!

The rewards are as follows:

- 1st - 5 B000 points
- 2nd - 3 B000 points
- 3rd - 2 B000 points
- 4th -> 10th - 1 B000 point

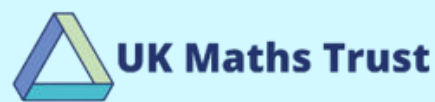


**For those wondering, information on how to boost your XP is on the noticeboard also.**

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## UKMT Maths Challenge



Earlier this term, pupils in Year 9B1, 9B2 and 10x1E took part in the UKMT Intermediate maths challenge, a national problem-solving competition promoting mathematical reasoning, precision of thought and fluency of mathematical techniques. 29 of our students achieved a certificate based on their score which was a fantastic achievement. Ajit S achieved '**Best In Year**' for Year 9 with a silver certificate and Samuel G in Year 10 achieved '**Best In School**', receiving a gold certificate for the challenge. On the back of this Samuel G qualified for the **Pink Kangaroo Challenge** with invitations sent out to only a few thousand students. An amazing achievement.



The full list of winners is listed below:

### BRONZE

#### Year 9

Anderson B  
Lilian E  
Mathilda H  
Grace H  
Zack K  
Naomi L  
Oliver L  
Oliver L  
Thomas Mc  
Faye N  
Olivia S  
Sam W  
Lilia W

#### Year 10

Owen D  
Zuzanna D  
Solomon E  
Alex Mc  
Finlay M  
Charlotte P  
Grace R  
Tessa R  
Charlotte W

### SILVER

#### Year 9

Jakub J  
Jacob Mc  
Maya T  
Ajit S

#### Year 10

Ted W

### GOLD

#### Year 10

Jakub D  
Samuel G







Active April 2025

MONDAY



TUESDAY

1 Commit to being more active this month, starting today

WEDNESDAY

2 Spend as much time as possible outdoors today

THURSDAY

3 Listen to your body and be grateful for what it can do

FRIDAY

4 Eat healthy and natural food today and drink lots of water

SATURDAY

5 Turn a regular activity into a playful game today

SUNDAY

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil



28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Form Time Focus: Social Media Debate

Over the past couple of weeks, students at Our Lady's have been developing their literacy and oracy skills through a form time project exploring the question:

“Should under-16s be allowed to use social media?”

In Week 1, the focus was on reading and understanding arguments. Students analysed a range of short texts, identifying facts, bias, and reliable sources, while considering the impact of social media on young people's wellbeing, education, and safety.

In Week 2, the spotlight turned to speaking and listening. Using an 'opinion line' activity, pupils took a stance on the issue and used evidence from the texts to explain and justify their views, practising respectful discussion and confident communication.

The project encouraged students to think critically, listen carefully, and speak clearly – all part of becoming learned, wise, and articulate individuals.

DEBATE



....to read

CLICK HERE!

## Exam Revision

Useful Revision Resources:

**BBC Bitesize**

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

**Seneca Learning**

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

**GCSE Pod**

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

## USEFUL RESOURCES

What's On Guide

Community Support Information

April Online Safety Newsletter

Train to Teach with the Catholic Teaching Alliance



Start date **September 2025**

Are you looking for a teacher training course?

The Catholic Teaching Alliance offers **1-year PGCE with QTS** (qualified teacher status) **teacher training courses**:

- **Early Primary** (3-7 years) or **General Primary** (5-11 years)
- **Secondary** (11-16 years) or **Secondary with post 16** (14-19 years)

Minimum requirements are GCSEs in Maths and English (and Science for primary training), plus an honours degree.

Contact us on 01772 326931 or email [CTAPGCE@olchs.lancs.sch.uk](mailto:CTAPGCE@olchs.lancs.sch.uk)

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

A really good course.  
I've recommended it  
to a number of friends.

CTA Trainee Teacher

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## IMPORTANT

Dear Parents/Carers,

We are committed to ensuring that menstruation does not hinder any child's educational experience. To support this, we provide free period products to all children who need them. This initiative aligns with the government's period product scheme, which aims to ensure that "period products should be available for all who need them, when they need them, so they can access education." ([gov.uk](https://www.gov.uk)).

Currently, sanitary towels are available in the girls' toilets.

After half term, we will also be offering tampons in the Year 10 and 11 toilets. If you feel it would be helpful, please take some time to discuss with your child which period products work best for them.

Additionally, we have a supply of period pants available for any student who would like to access them.

If you or your family need support in supplying period products, please do not hesitate to contact the school, and we will be happy to provide support.



### 2025 Dates for your Diary

**Thursday 10 April**  
Liturgies

**Friday 11 April**  
End of Term - School Closes at 12.35

### 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





## ENGLISH SCHOOLS FINALISTS

On Tuesday the Year 7 girls finally played their eagerly awaited semi-final against Thomas Telford from the Midlands. It definitely felt like it was an important game as the ESFA had appointed all the officials for the game to ensure it was fair for both teams. Mrs Lin had to submit a printed copy of her team an hour before the whistle to the ref as did our opponents.

To say there were nerves before the game is an understatement. Mrs Lin explained she would be a little worried if there weren't a few butterflies before such a big game, but to stick to our game plan and let their football do the talking.

It was clear from the onset it was going to be a tough game. The opposition were strong physically and technically. They made a bee line for Coco straight away to ensure she was triple marked at times. Whilst this left lots of space we just didn't seem to piece together the football we needed.

After 10 minutes, nerves had begun to settle and we began playing some ace football. At half time it was 1-0 to OLCBS but we felt a goal could come from the opposition at any point. Mrs Lin decided not to switch the formation in defence, it was working and working well. They couldn't get through. We asked Bella F to man mark a specific player in the middle which ensured we covered a little gap through the middle when we were on the attack. Eden popped off the pitch for a few seconds with a bloody nose but like all captains wanted to be back on within seconds.



## ENGLISH SCHOOLS FINALISTS

We had fantastic crosses from Fearne and Charlotte and some cracking saves from Georgia. Willow, Amelia, Ruby and Vanessa really stepped up on Tuesday. They played their socks off and did exactly as they were asked to. They made good tactical decisions and chased every ball. Well done girls. Coco and Rio ran at their defence countless times and challenged the keeper with every opportunity. With Izzy and Eden central defence partnered with Willow, Ruby and Amelia, Thomas Telford struggled to challenge Georgia.

### **Final score 2-0 to OLCHS.**

Big thanks to Mr Waring Head of PE for his unwavering support throughout the competition.

Huge thanks to Mrs Lin's Assistant Coach, Ella G, for all her input throughout this journey. She has travelled home and away with the girls, led warm ups, refereed small games and even brought sweet treats for the journey home for the girls.

Mrs Lin is over the moon we are in the English Schools' Final. The date is yet to be confirmed but we do know it is at The Hawthorns Stadium and will be mid May. We are playing The Woodlands School in the final. More details to follow as soon as we have them.

Mrs Lin would like to say a massive well done to the girls. You are history makers ladies and we are all so unbelievably proud of you all. Has it sunk in yet girls?

A special mention to Cadley FC. South Grove pitch has brought us immense luck and I can't thank you enough for supporting us with these fixtures with a perfectly mowed, lined and drained pitch in the depths of winter. From opening up gates in the middle of the day, to carrying football goals, opening up the toilets and even running the line one week Mrs Gregson! Cadley, you have supported us from the start and we are so thankful to you for being part of our special journey.

### **A massive thank you and congratulations to team manager, Mrs Lin.**

Principal Teacher of PE Mr Waring, along with the whole school, would like to thank Mrs Lin for all her hard work and dedication on the training pitch week in week out where this success is nurtured. You are an inspiration Mrs Lin.



# Sporting News

## KARATE

Last weekend Abigail competed in an under 14 GKR Regional Karate Competition. She finished second after sparring with two other girls in her group. Abigail is a blue belt, just four belts off the elite black belt. Abigail is also a young leader and helps her Sensei with umpiring and scoring.



## Football Friendly

On Wednesday evening Mrs Lin took a small team over to Moor Park to play a friendly fixture ensuring as many girls who want to play competitive football, get the chance. This week is National Schools Football week making it the perfect opportunity to arrange the fixture.

There was some beautiful football from both teams including some ace footwork from Connie R who scored a plethora of goals, fantastic saves in goal by Ava, wonderful team play by Florence, Chloe and Phoebe. The final score finished 8-8, with the final goal from Moor Park scored just as the final whistle was blown.

Well done ladies.

**#SchoolsFootballWeek**



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# Careers

## CareersCafe



Our Lady's past pupil, Alex Martin, who now works for John Turner Electrical, visited OLCHS this Friday and talked to current Year 10 and Year 11 pupils.

Alex talked about all aspects of his career, including how to secure an apprenticeship.

Thank you so much Alex for taking the time to talk with current pupils and sharing your career pathway.



**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](mailto: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.

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# Careers

**BAE SYSTEMS**



Women in Engineering  
Insight Experience  
19 - 20 August

Join our exclusive Women in Engineering Insight Experience on 19 - 20 August and discover career opportunities with one of the UK's largest engineering employers 💡👩

What's in store?

- ✓ Inspiring talks from female industry leaders
- ✓ Career pathways for women in STEM
- ✓ Personal & professional development sessions
- ✓ Insights into life at BAE Systems
- ✓ DEI & sustainability initiatives

💡 Why attend?

Connect with women in engineering at all career stages, gain valuable skills, and explore future opportunities—including potential graduate & undergraduate roles 🎓

🚀 Limited spots available—apply now  
[http://baes.co/XfyV50VoioQ\\_](http://baes.co/XfyV50VoioQ_)

APRIL 2025

**ARMY CAREERS  
NEWSLETTER**



**CLICK HERE** ✨

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