

# Our Lady's Catholic High School



Newsletter No. 9  
14th November 2025



## The Theme Next Week: Perseverance (Luke 21:5-19)

***“By your endurance you will gain your lives.” (Luke 21:19)***

In this challenging Gospel, Jesus reminds us that even when things around us seem difficult or uncertain, we should not lose heart. He calls us to endure, to persevere, to stay faithful and strong. Perseverance isn't just about pushing forward on our own; it's about trusting that God is with us in every challenge, every step of the way.

**Lord Jesus,**

**When life feels hard or confusing,**

**help us to keep trusting in you.**

**Give us patience, courage, and hope**

**to face each day with faith and love.**

**Amen.**

## BOOO Virtues

Congratulations go to:

Year 7: Connor Alcock - grateful and generous

Year 8: May Farrer - intentional and prophetic

Year 9: Olivier Ruszkiewicz - curious and active

Year 10: Zack Kiraga, Ajit Singh, Olivia Slater, Jessica Ainsworth - intentional and prophetic

Year 11: Macy Wilson - learned and wise



*Being One of Ours*



Our whole school community paused for our **Act of Remembrance** on 11<sup>th</sup> November.

Across our school, all pupils and staff joined together in quiet reflection to those who have given their lives in service of others.

Those pupils who attended school in parade uniform gathered in the Arts Theatre alongside office staff and colleagues not teaching at the time. Together, they took part in a short reflection in prayer before joining the whole school community for two minutes of silence.

We are proud of the respect, stillness and reverence shown by every pupil and member of staff as we remembered the fallen and prayed for peace.

## DESIGN & TECHNOLOGY

### LEYLAND TRUCKS

Fifteen Year 11 Design and Technology pupils visited the Leyland Trucks factory to view the assembly line to understand the industrial processes used to make the trucks and to learn about career opportunities. This was both enjoyable and valuable for their GCSE coursework and exam preparation.





## TALK *the* TALK

In Monday's assembly, 180 pupils were proudly presented with their Talk the Talk certificates by Mr Charnock, recognising their outstanding efforts during the Talk the Talk Transition session on 16th October. Throughout the session, pupils worked hard to develop their oracy skills, building confidence in speaking and communicating effectively. Each pupil took part in group presentations, demonstrating teamwork, creativity, and enthusiasm. This achievement reflects their dedication and willingness to learn and grow as confident speakers. A huge well done to all involved!



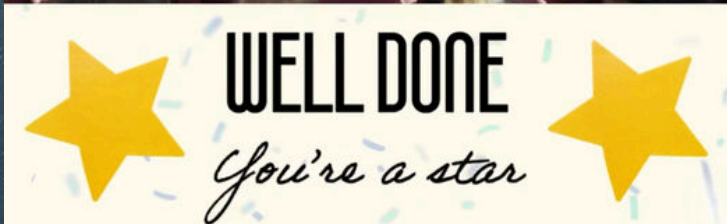
## Year 7 STAR BADGES

Another great start to the week here at Our Lady's.

In assembly on Monday, Year 7 pupils were presented with Star Badges from headteacher Mr Charnock.

Well done Year 7, what a fantastic start to your time here at Our Lady's Catholic High School and embracing '*Being One of Ours*'.

Keep up the great work and contribution to school life, we are so proud of you.



## CyberFirst Girls Competition 2025/26 Year 8 Girls

Cyber  
First

Calling all Year 8 girls! **The CyberFirst Girls Competition 2025/26** is your chance to explore the exciting world of cyber security – and have fun while doing it!

The competition **opens at midday on 24 November 2025** and **closes at midday on 3 December 2025**. You'll have 10 days to complete as many challenges as you can as a team.

Each team can have up to 4 girls (smaller teams are welcome too). The top team in each UK region will **win laptops** and receive an **invite to a special celebration event** early next year!

### What's it all about?

The challenges are based on key areas of computer science and cyber security -

#### **Logic and Coding**

Explore programming languages from machine code to Python, learn about logic gates, binary, and how to write secure code.

#### **Networking**

Discover how computers connect through Wi-Fi, Bluetooth, and the internet – and how to keep those networks safe from attacks.

#### **Cyber Security**

Learn how experts protect computers, phones, and data from damage or theft, and what makes software safe to use.

#### **Cryptography**

Crack codes and uncover the maths behind secret messages! Investigate encryption, Morse code, and more.

#### **Speciality**

A mix of unique challenges that show how cyber security can be creative, surprising, and fun!

So, gather your team, get ready to tackle the challenges, and most importantly – have fun while learning something new!

**Sign up outside of room 5 or see Ms Worthington for more information.**



## YEAR 9 **REWARDS**

Year 9 had their first rewards breakfast yesterday. Pupils who had no behaviour incidents last half term were invited to have some hot chocolate, cream, marshmallows and biscuits.

In total 143 pupils were invited and spent Monday form time with their friends, socialising and enjoying a treat at the start of their day.



**WELL  
DONE**

## Attendance.

We did it! We have won two attendance awards.

Our Lady's Catholic High School has been awarded the National School Attendance Award for the academic year 2024/2025.

We are incredibly proud to be ranked in the top 10% of all FFT secondary schools in England for our outstanding attendance.

This achievement reflects our shared commitment from both our pupils, staff and our families and we are grateful for your continued support.



# Information

# 112

112 is the emergency contact number built into every smart phone today. It is the 'emergency' button on smart phones. In U.K. 999 is still our preferred number. 999 will get through if there is weak signal on your phone. However, 112 can also be used here and anywhere in the world. If you were needing rescuing at sea 112 is definitely your number.

The advantages of 112 are:

No signal? 112 hunts and finds a signal. It DOES need a network and land mast however. If these are missing nothing works!

Using someone else's phone? You will not get past their security to phone 999. With 112 you don't need to. The emergency button is there ready and waiting. Also, you can hold the on/off button and volume button simultaneously and the phone will ring 112. Some phones you have to squeeze these buttons 5 times.

No credit? No problem at all

Absolutely no signal at all? If you set up your phone to text 112 then your text of 'help' may get through as text travels on a different frequency to calls and is a tiny bit of information. So, if you are stranded in the Chamonix alps text help to 112 and the nearest rescue services will pick that up and get to you. Then triage the incident and text back with priority of casualties and how many. This again depends on network coverage and masts. These should be available but if not, everyone is stuck. It is worth the try.

Setting your phone to text 112:

Type a message to 112 with the word 'register'. You will receive an instant reply rambling on about 999 etc... Ignore that. Just reply 'yes' and then your phone is registered and if you do have to use emergency text they know who you are and where you are.

## USEFUL RESOURCES

### November Online Safety Newsletter

### Community Support Information



## ONE STOP SHOP Preston West

Monthly Drop In -

Families can access free advice & support

- Community Gateway
- Citizen Advice—Energy advice
- Employment advice - DWP
- Community Education Sexual Health
- Debt Advice/Support
- Free Funded Nursery Places
- School Nurse team
- Compass Bloom
- INTACT
- Lancashire Fire and Rescue
- Onward Homes—Work well
- SENDIAS
- Primary Mental Health Team
- Homestart
- Northern community Bank

**No appointment needed**

**Second Thursday of the month, 2pm-4pm**

**Preston West Family Hub**  
Ashton Primary School Site, Ainsdale Drive,  
Preston, PR2 1TU  
Telephone: 01772 536419

**LANCASHIRE COUNTY COUNCIL**

**PRESTON WEST FAMILY HUB PRESTON**

### What Parents & Educators Need to Know about ONLINE SLANG

What are the risks? - Slang moves fast - whether many young people, it's not just how they talk, but how they share their identity and feelings. Learning key terms helps adults connect and show understanding, even if the lingo seems baffling at first.

- GENERATIONAL MISCOMMUNICATION**  
Having the 'old' or 'new' slang is a common barrier to understanding. It's not just how they talk, but how they share their identity and feelings. Learning key terms helps adults connect and show understanding, even if the lingo seems baffling at first.
- RAPIDLY SHIFTING MEANINGS**  
Slang is often created in a matter of days. It can be used to describe a wide range of things, from a new trend to a new way of thinking. It can be used to describe a wide range of things, from a new trend to a new way of thinking.
- SHIELDING BULLYING OR EXCLUSION**  
Slang can be used to describe a wide range of things, from a new trend to a new way of thinking. It can be used to describe a wide range of things, from a new trend to a new way of thinking.
- PERFORMING FOR THE ALGORITHM**  
Slang can be used to describe a wide range of things, from a new trend to a new way of thinking. It can be used to describe a wide range of things, from a new trend to a new way of thinking.
- CONTENT MODERATION WITH CODED SPEECH**  
Slang can be used to describe a wide range of things, from a new trend to a new way of thinking. It can be used to describe a wide range of things, from a new trend to a new way of thinking.
- LONG-TERM DIGITAL FOOTPRINT**  
Slang can be used to describe a wide range of things, from a new trend to a new way of thinking. It can be used to describe a wide range of things, from a new trend to a new way of thinking.

### Advice for Parents & Educators

- KEEP UP, DON'T CATCH UP**  
Follow the lead of the young people. Don't try to keep up with the latest slang. It's not just how they talk, but how they share their identity and feelings.
- FOCUS ON CONNECTION OVER CONTROL**  
Focus on building a strong relationship with the young people. Don't try to control their language. It's not just how they talk, but how they share their identity and feelings.
- ASK, DON'T INTERROGATE**  
Ask the young people about their language. Don't try to interrogate them. It's not just how they talk, but how they share their identity and feelings.
- ENCOURAGE CRITICAL MEDIA LITERACY**  
Encourage the young people to think critically about the media. Don't try to control their language. It's not just how they talk, but how they share their identity and feelings.

### ONLINE SLANG CHEAT SHEET

**COMMON SLANG:**

- Slaps - a compliment, well-meaning and not meant to be taken seriously.
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**POTENTIALLY CONCERNING SLANG:**

- Slaps - a compliment, well-meaning and not meant to be taken seriously.
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Meet Our Expert  
@wakeup\_weds

CLICK HERE!

....to read

## Being One of Ours

# Information

## WE ARE HIRING

join our team

### SCHOOL BUSINESS MANAGER

[www.olchs.lancs.sch.uk/our-school/vacancies/](http://www.olchs.lancs.sch.uk/our-school/vacancies/)



For a charitable cause Mr La Roche, a member of the OLCHS staff, has been training tirelessly for a charity boxing event in aid of the Royal British Legion. Mr La Roche is asking members of the wider school community to donate a small amount to a fantastic and vital cause. Mr La Roche aims to make himself and the school proud by achieving Top 5 in the donation leaderboard (and is quite close!) and deeply appreciates any support given. Use the QR code here to leave a donation! (Anonymous contributions can be made).



### 2025 Diary Dates

**Thursday 20 November**

Class of 2025 Presentation Evening

**Friday 21 November**

Celebration Morning. School closes at 12.35pm

**Wednesday 26 November**

Year 11 mock exams start

### 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



*Being One of Ours*



## NETBALL

### YEAR 11 MIXED TEAM

The Year 11 mixed netball team faced Longridge this week in an exciting and competitive fixture. Both teams had a shaky start, with only one goal scored in the first quarter by Patrick M. However, Our Lady's began to find their rhythm in the second and third quarters, pulling ahead thanks to some excellent shooting from Macy W and Lincoln S. The team's communication and movement improved throughout the game, allowing them to build a solid lead.

The final score was 11-6 to Our Lady's, a well-deserved victory after a determined performance. Player of the Match went to Shay S-M, whose strong defending and consistent effort made a real difference at key moments.

A great team performance all round – well done, Year 11.





## YEAR 11 CAREERS NETWORKING



Click  
Here

BEING ONE OF OURS

## speed networking

Last week we held our annual Speed Networking Event for OLCHS Year 11 pupils.

We invited 25 different employers from a wide range of business.

The pupil feedback has been outstanding and the employers spoke very highly of Year 11 and the way in which they conducted themselves. The buzz in the room was electric. Well done Year 11.

Mrs Lin would like to say a huge thank you to our guests for giving up their time and sharing their knowledge with our pupils.



## LUSoM Taster Day

Saturday 15th November



LANCASTER UNIVERSITY  
SCHOOL OF MATHEMATICS

Taster Days

Saturday 15th November  
10:00 - 12:30

Saturday 14th March  
10:00 - 12:30

[CLICK HERE](#)



## 2026 apprenticeship programme is now live!

Have you got what it takes to become our next apprentice? We've launched 30 roles across our business to start in September 2026.

**APPLY NOW**

**BAE SYSTEMS**



## WOMEN IN ENGINEERING

INSIGHT EXPERIENCES IN THE UNITED KINGDOM

Explore every perspective.  
Create game-changing advantage.

*Being One of Ours*