

Our Lady's Catholic High School



Newsletter No. 20
13th February 2026



Beginning the Lenten Journey

“One does not live by bread alone, but by every word that comes forth from the mouth of God.” (Matthew 4:4)

As we begin our Lenten journey on Ash Wednesday, we remember that Jesus spent forty days in the desert, facing temptation and choosing to trust in God. The ashes remind us to turn our hearts back to God and to rely on his Word. During these forty days of prayer, fasting, and almsgiving, may we seek the strength to make good choices and grow closer to him.

Lord Jesus,
As we begin our Lenten journey this Ash Wednesday,
help us to trust in your Word.
Strengthen us in times of temptation
and lead us closer to you each day.
Amen



BOOO Virtues

Congratulations go to:

Year 7: Aalayah Sale-Hewitt - grateful and generous

Year 8: Declan Skehan - prophetic and active

Year 9: Joshua Taylor - grateful and generous

Year 10: Tommy Butler - intentional and prophetic

Year 11: Eli Nyandoro Mahachi - intentional and prophetic



Being One of Ours

gcse science live!

Science Live! at Manchester
Bridgewater Hall **2026**

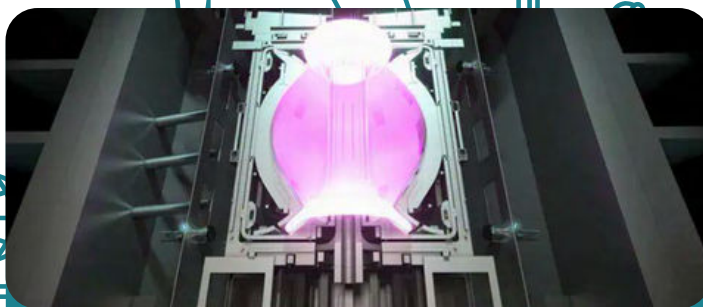


Seventy-five of our Year 9 and Year 11 students visited the Science Live event at Manchester's Bridgewater Hall, where they heard from leading scientists working at the forefront of modern research.

The day began with Professor Jim Al-Khalili, who explored the fascinating question of whether time travel could ever be possible. His talk encouraged students to think beyond everyday science and consider the mind-stretching ideas found in theoretical physics. You can hear more about Prof Al-Khalili's thoughts on time travel, as well as many other topics - please click on the image below



Next, Professor Kate Lancaster shared her work on nuclear fusion and the exciting career opportunities emerging in this rapidly developing field. She also highlighted free online courses through the University of York for students who would like to explore fusion physics further. This one runs from 2nd March for four weeks and is designed for GCSE students. [click here](#)



This one is for anyone who is interested in learning more about nuclear fusion as an energy resource. Free to sign up. This one runs in July:

[Click here](#)

Students then heard from Dr Robert Winston, who delivered an engaging talk on the miracles of life, drawing on his world-renowned research in fertility and human development. Professor Gilly Forrester, professor of evolutionary and developmental psychology, followed with a captivating session on stress and how it can be measured using thermal imaging cameras. Students were fascinated to learn that reduced blood flow to the nose is a key indicator of stress. For anyone interested in her work, she has an excellent documentary available on BBC Two - **"Secrets of the brain"**, and a BBC Sounds discussion about **"Why do we love to play games"**.

We also heard from a chief science examiner, who shared valuable top tips for exam success, offering students practical advice on how to revise effectively and approach their science papers with confidence. Finally, Dr Tim Gabriel, a nano scientist, rounded off the day by sharing stories from his varied career across the chemical sciences, demonstrating the wide range of pathways and opportunities available in chemistry.

The students were wonderful from start to finish and a big thank you to Mr Power, Mrs Stott, Mrs Gavell, Mr Holmes and Miss Cookson for accompanying the students, making the day possible.

Design & Technology

In our series of special career events in Design and Technology this term, a group of twenty Year 10 and 11 Design and Technology Graphics pupils were given the opportunity to learn how local designer Dave Robinson started his successful brand ***Where The Heart Is***.

Dave's inspiring talk explained to pupils how his passion for design began at a young age and developed through hard work, creativity and perseverance. He shared insights into the challenges of starting a small business, from developing initial ideas and branding to producing and marketing his products.



Pupils gained a valuable understanding of how skills learned in Design and Technology can be applied in real-world careers, and many were encouraged by Dave's message that determination and self-belief are key to success in the creative industries.

SOCIOLOGY & HISTORY

Year 11 Sociology students had the opportunity to meet Stephen Conway who works at Preston Prison. He explained how his career as a teacher in a high school in Blackpool had led to his work with prisoners, providing education in the hope of helping these men when they are released from prison. This supported the work students have done in GCSE Sociology where they study Crime and Deviance. The students were wonderful in asking questions about conditions in prisons, whether education helps prisoners to find jobs once they have been released and the differences between adult prisons and Youth Offender Institutions. In addition, Stephen is an avid collector of artefacts from Germany in the 1930s and several Year 11 History students took the opportunity to spend their lunchtime looking at these incredible resources.



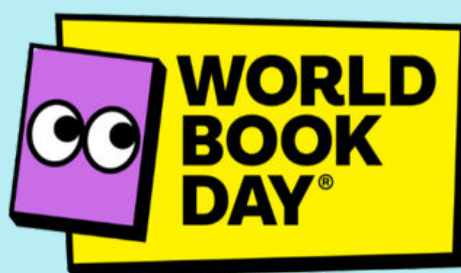
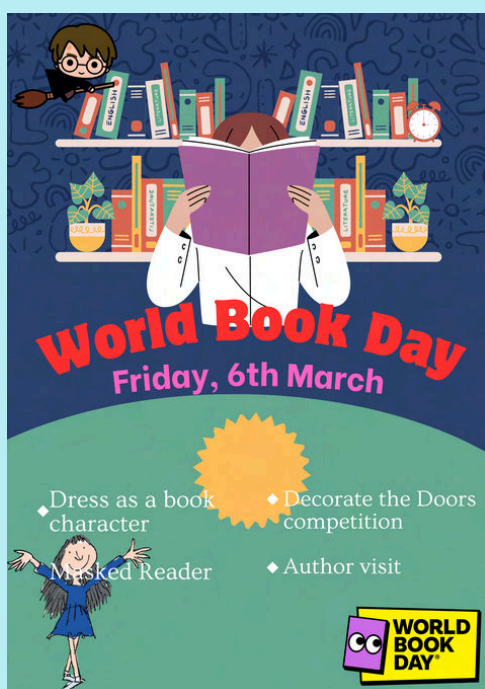
PRIMARY MATHS

CHALLENGE

We were thrilled to welcome nine enthusiastic primary teams to Our Lady's for an exciting Primary Maths Challenge. Throughout the event, students collaborated in mixed teams to tackle a series of thought-provoking and high-level mathematical problems designed by the UK Mathematics Trust (UKMT).

The room buzzed with energy as pupils discussed strategies, tested ideas, and supported one another through each challenge. Their teamwork, resilience, and creative thinking were truly inspiring.

A huge well done to all the young mathematicians who took part—you demonstrated fantastic problem-solving skills and made the day a real celebration of maths!



World Book Day at Our Lady's is just around the corner, taking place on **Friday 6th March**, and it's set to be a fantastic celebration of stories, imagination, and a love of reading! We have an exciting range of activities planned throughout the day, from book-based fun to creative challenges that bring stories to life. It's a wonderful opportunity for children to express themselves, build confidence, and share their love of books.

We encourage all parents to support their child to get involved by coming to school on the day dressed as a book character—now's the perfect time to start planning! Let's make this World Book Day a memorable one full of creativity, excitement, and a shared love of books.

News & Information

WATER PARK ADVENTURE CENTRE

"Enriching Lives Through
Adventure"



WATER PARK
LAKELAND ADVENTURE CENTRE
CONISTON WATER

FRIENDS & FAMILY RESIDENTIAL WEEKEND 2026

Get ready for an action-packed adventure weekend your family and friends will remember!

Spend your days exploring, learning new skills and sharing unforgettable experiences together in the great outdoors.

We offer a fantastic range of exciting activities.

- Make a splash with our fantastic paddle sports, including canoeing, kayaking, voyageur trips, and paddleboarding.
- Catch the wind as you take to the water with sailing and windsurfing.
- Reach new heights with our climbing experiences from high ropes and outdoor rock climbing to challenges on our indoor climbing wall.
- Explore the great outdoors on a thrilling ghyll scramble, scrambling through streams and waterfalls.

There's something for everyone to enjoy!

FRIDAY 24TH - SUNDAY 26TH JULY 2026

Arrive 5pm Friday- Depart 4pm Sunday
£210.00 per adult £120.00 per child



EMAIL FOR AVAILABILITY

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

Water Park Adventure Centre,
Coniston,
High Ribblesdale, Ulverston,
Cumbria, LA12 8DQ.

USEFUL RESOURCES

Staying Safe Online -
Feb' 2026 Bulletin

Community Support
Information

IMPORTANT

St Anthony's Church Car Park



Due to maintenance work taking place at St Anthony's Church, please can parents and pupils avoid parking / walking through the church car park until further notice. Thank you.

Being One of Ours

Information



CATHOLIC
TEACHING
ALLIANCE

Inspire others
Transform lives
Teach

Teacher Training courses based at OLCHS

In-person Information Event
Friday 27 February at 2.00 pm

We are now into our 12th year of providing teacher training locally.

Could teaching be the next step after your degree?
Are you considering a change of career?
Where will you be this time next year?

Teacher training (PGCE with QTS) is available:
Early Primary (3-7 years), General Primary (5-11 years)
Secondary (11-16 years), Secondary with post 16 (14-19 years)

View all the courses available at
<https://www.catholic-teaching-alliance.org/pgce-courses.html>

Please contact us for further information,
call 01772 326931 or email CTAPGCE@olchs.lancs.sch.uk
www.catholic-teaching-alliance.org/



In-person Information Event

Friday 27 February at 2 pm
in The Training Centre
at Our Lady's Catholic High School

BOOK NOW

01772 326931
CTAPGCE@olchs.lancs.sch.uk



Q&A events



2026 Diary Dates

Friday 13 February

Half term - school closes at 3pm

Tuesday 24 February

All pupils back to school

Thursday 26 February

Year 9 Parents' Evening

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

Sporting News

TABLE TENNIS ***U13 & U16***

The U13 and U16 girls' table tennis teams travelled to Christ the King for their final matches in the Preston Schools' League. Both teams have remained consistent throughout the competition, and this final fixture was no different.

The U13 team produced an excellent performance, securing victories against Christ the King A, Christ the King B, and Archbishop Temple B. The U16 team also enjoyed a very successful day, winning their matches against Christ the King A, Archbishop Temple, and Corpus Christi B.

Following these results, Our Lady's U13 team were crowned league champions. The U16 team finished joint first in the league alongside Corpus Christi A, which is a fantastic achievement.

A huge congratulations to all the girls Evie M, Meera P, Rose B, Umika P, Charlotte B, Eden P, Kasia S, Mia N and Georgia S for their hard work, commitment, and outstanding performances throughout the season.



YEAR 8 INDOOR ATHLETICS

Our Year 8s represented the school brilliantly at the District Schools' Indoor Athletics Competition last week, hosted at Broughton High School. The morning was split between sportshall track and a selection of field events - all of which, our pupils showed great

athleticism and commitment to building the points tally for the team scores. The boys' team missed out on a podium finish by just 2 points but the girls managed to go one better, claiming the bronze medal overall.



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Sporting News



BASKETBALL

The Year 7 team opened their season with a commanding 16–3 victory over Corpus Christi. The game started as a cagey, scoreless affair in the first quarter, but the deadlock was broken in the second when Archie scored the team's first points of the year.

Once the nerves settled, the team's passing improved significantly. In the second half, superior fitness allowed Our Lady's to pull away, with Zach and Rico providing a defensive masterclass to keep the opposition at bay. Oliver (Captain) led from the front, creating numerous attacking plays with clinical breaks.

While the team aims to sharpen their finishing in training, it was a dominant performance from start to finish. Well done to all the boys.

MVP: Zach (Vice-Captain) Recognised for his excellent composure in transition with some fantastic dribbling.



Point Scorers:

Archie: 4 points Oliver: 4 points Zach: 4 points
Callum: 2 points Alex: 2 points.



RUGBY

The Year 7 rugby team played their second round of matches as part of the Preston Schools' rugby competition at Preston Grasshoppers. The team were keen to play and had been practising over the recent weeks and months. The first game was a tough fixture against a strong Fulwood Academy, in which Our Lady's lost. However, in the second game against Ashton we worked tirelessly to defend our try line while attacking with speed and power. Both team's defensive lines held fast and the game finished with a 0-0 draw, a fair result.

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NETBALL YEAR 9

Our Lady's hosted Fulwood in the Year 9 league fixture. After a shaky start, our team quickly settled into our stride and took control of the game.

Captained by Melody B, the team showed strong leadership and excellent organisation on court. Once we found our rhythm, we dominated possession and applied constant pressure throughout the match.

Our attacking play was sharp and clinical, resulting in an impressive 12-0 victory. The defence was outstanding, preventing Fulwood from scoring and maintaining a solid back line from start to finish.



Player of the Match was awarded to Chiamaka E, who put the shooters under intense pressure in the circle and made crucial interceptions to keep Fulwood at bay.

Overall, it was a fantastic team performance and a well-deserved win for Year 9.

STAFF V PUPILS MIXED NETBALL



The mighty Our Lady's staff took on the Year 11 mixed netball team this week in another epic battle. The game was fast paced with staff pulling away after a shaky start and a few missed goals. Shay SM and Patrick M fought hard in defence and made some key interceptions, whilst Macy W shot well under pressure. Year 11 kept their composure really well and slowly started clawing back at the score. Staff were really feeling the pressure. However, time was not on their side. The final score was 7-5 to staff. The Year 11 squad are really keen for one more battle before exams and after today's performance, the staff team need to watch out! £60 was raised for the Mary's Meals charity.

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Lancashire RUGBY



Congratulations to Betsy in Year 11 who recently scored 1 and converted 1 in the county game against Cheshire.

ENGLAND FOOTBALL



OLCHS Year 11 pupil Evie, recently played for the England Women's U17s, in which the team beat Mexico 1-0.



FOOTBALL

YEAR 9 DISTRICT FOOTBALL FINAL

The Year 9 boys football team were crowned district football champions on Monday evening after an impressive 3-1 victory over Fulwood Academy. The fixture had originally been played earlier in the half term but had to be abandoned late into the second half after one of the opposition players suffered a knee dislocation on the pitch. The replay started off as any good final should, both teams sharing possession of the ball and coming close with their chances. Then the breakthrough - a cool, calm and composed finish from Rio gave Our Lady's the lead. The lead was soon doubled with a fantastic burst of pace and solid finish from Jaiden C providing a two-goal cushion into the half time break.

Second half and Fulwood were fast out of the blocks, a large boot up the pitch from the keeper caught the wind and somehow, the ball was in the back of the net reducing the Our Lady's lead to just one goal. The 11 players on the pitch showed great maturity and professionalism, not allowing the oppositions moment of luck to phase them, picked the ball up

from the kick off and within 30 seconds of Brazil-style one touch football had scored another.

Mr Waring was immensely proud of all the players for their hard work, great skill and, most importantly, team spirit throughout the final. A well-deserved victory and worthy champions.



YEAR 7 DEEPPDALE CUP

Huge congratulations to the Year 7 girls football team who beat Archbishop Temple 8-0 in the 1st round of the Deepdale Cup. Goals came from Captain Grace M, Emily S and Sofia V. The girls dominated the game in awful weather and march on to the next round of the cup.



Careers

YEAR 10 WORK EXPERIENCE


This week OLSHS Year 10 pupils have been on their work experience placements. Staff have been visiting pupils to see how they are getting on, hearing all about their adventures and receiving wonderful employer feedback

Our Lady's pupils engaged in a variety of rewarding work placements and Mrs Lin and the whole Year 10 team are so proud of our pupils for fully embracing their placements and the opportunity to gain valuable workplace experience.



Being One of Ours

NATIONAL APPRENTICESHIP WEEK 2026





Amazing Apprenticeships

Your step-by-step guide to
**APPLYING FOR
AN APPRENTICESHIP**

Information and advice for every step of the application process

CLICK



Amazing Apprenticeships


APPRENTICESHIP LEVELS EXPLAINED

Ranging from intermediate to degree level

Apprenticeship levels range from level 2 (intermediate) through to level 7 (master's level) in more than 1,500 different job roles.

There are four types of apprenticeship

- Intermediate (level 2)
- Advanced (level 3)
- Higher (levels 4 and above)
- Degree (levels 6 - 7)



Intermediate apprenticeships
Intermediate apprenticeships are typically considered to be the same level as five GCSE passes.

Intermediate apprenticeships are a fantastic way to get started with your career in an entry level role within an organisation.

Advanced apprenticeships
Advanced apprenticeships are considered to be the same level as two or three A level passes. Many individuals who have completed their A levels or other level 3 qualifications will undertake an advanced apprenticeship as it will enable them to gain experience in the workplace and undertake a variety of different tasks.


Higher apprenticeships
Higher apprenticeships include qualifications at levels 4 and above. They can be suitable for those looking to progress from level 3 qualifications, including advanced apprenticeships and T Levels.

Degree apprenticeships
Degree apprenticeships are offered by universities and other higher education providers. They contain either a full degree or degree-level qualification and go up to master's level (which is post-graduate).

Which level is right for you?
The type of apprenticeship undertaken will depend on both the needs of the employer and the job role as well as the apprentice, their previous experience and qualifications held.

Your training provider will also be able to guide you as to the most appropriate level for you.

Discover more about apprenticeships:
www.amazingapprenticeships.com




SUCCESS IS PERSONAL

EDF Amazing Apprenticeships

A PARENTS & CARERS GUIDE TO
**APPLYING FOR
APPRENTICESHIPS
WITH EDF**



➤ READ MORE



Water for the North West



Apprenticeships

United Utilities provides water and sewage services to seven million people across the North West of England. From operating our pipes and improving water quality, to embracing new technologies and safeguarding the local environment – whether you're in our head office or out on site, there's always plenty going on.

CLICK HERE ➤

Being One of Ours

PRESTON COLLEGE

This week Preston College have been awarding prizes to the vocational students who study Hair & Beauty and Automotive Engineering. We are pleased to say that five of our students have received awards. They are Abigail, Madi, Oliver, Michael and Will - each of whom got a certificate and Starbucks voucher to be used at the College. Well done to our learners.



RUNSHAW COLLEGE

You are invited to our

Open Event

Wednesday **4 March** 4pm - 8pm

Three students (two girls and one boy) smiling and holding white certificates or awards. The background is red with some geometric shapes like stars and circles.

runshaw.ac.uk/openevent

A cursor icon pointing at the link.

Being One of Ours