

# Our Lady's Catholic High School



Newsletter No. 24  
20th March 2026



## “I am the resurrection and the life.” (John 11:25)

In this season of Lent, Jesus Christ meets both grief and faith. He weeps with those who mourn, yet calls Lazarus to life. Even when hope seems lost, God is still at work, inviting us to trust and to open our hearts to new life.

**Lord Jesus,  
in this Lenten journey, strengthen our faith and hope.  
Help us trust in you and walk in your new life.  
Amen**

## BOOO Virtues

Congratulations go to:

Year 7: Vannel Obafemi - intentional and prophetic

Year 8: Lexi Greaves - active and attentive

Year 9: Dane Lewis - learned and wise

Year 10: Oliver Lamoon - intentional and prophetic

Year 11: Layla Nuttall - learned and wise



*Being One of Ours*

# British Science Week 2026

## British Science Week 2026: Curiosity – What is your question?

This year, our school proudly celebrated British Science Week 2026 with the theme “**Curiosity: What is your question?**”

Pupils across all Year groups embraced the opportunity to think like scientists by asking questions, exploring ideas, and discovering more about the world around them.

One of the highlights of the week was our whole-school science scavenger hunt. Students worked enthusiastically to track down answers to a range of intriguing questions set by members of staff from across the school. The challenge encouraged curiosity, teamwork, and problem-solving, with pupils exploring different subject areas to uncover the answers.

Our KS3 students also took part in a creative poster competition focused on the theme “What makes a positive childhood?” The entries were thoughtful and imaginative, offering valuable insights into students’ perspectives.

The winning posters from within school will be submitted to the national competition, and the ideas gathered will contribute to a wider research project exploring how childhood is perceived.

**Curiosity: What is your question?**  
Why is the sky blue?

Air scatters blue light from the Sun more than other colours, so blue light reaches our eyes from all directions.

**Curiosity: What is your question?**  
How do plants know which way is up?

Plants sense gravity and grow their roots downwards and their shoots upwards.

**Curiosity: What is your question?**  
Why do our pupils change size?

Pupils get bigger in dim light to let more light in and smaller in bright light to protect our eyes.

**Curiosity: What is your question?**  
What makes popcorn pop?

Water inside the kernel turns to steam when heated, building pressure until the kernel bursts open.

# British Science Week 2026

## Year 8 Trip to Blackpool Zoo: A Wild Day of Discovery!

Year 8 pupils set off on an unforgettable adventure to Blackpool Zoo, all in celebration of British Science Week and its theme: "Curiosity: What is your question?". The day was packed with exciting activities that tied perfectly into the theme, as the pupils explored the fascinating world of animal adaptations in the most hands-on way possible!

The adventure began with an engaging talk about how animals have developed unique traits to survive and thrive in their environments. The pupils got to examine some incredible animal artefacts, including reindeer antlers, elephant poo (yes, really!), and tiger skulls! They learned all about the ingenious ways animals change and adapt to their surroundings, from their physical features to their survival strategies.

After the talk, it was time for the pupils to explore the zoo, getting up close with all the amazing creatures. They saw everything from towering giraffes to cheeky monkeys and mighty big cats. A favourite moment for many was the spectacular sea lion show, where students watched these intelligent marine mammals perform tricks and show off their impressive skills.

The fun didn't end there! Pupils also took a journey through the Dinosaur Safari, walking among life-sized models of roaring, stomping dinosaurs. It was like stepping back in time to the age of the giants, adding a fun twist to the day!

This fantastic trip not only brought British Science Week to life but also gave the pupils a memorable opportunity to see Science and Geography in action. Our Year 8 pupils now have a deeper understanding of how animals adapt to survive in a constantly changing world.



# British Science Week 2026

## SCIENCE CAREERS

As part of British Science Week and National Careers Week 2026, there have been a myriad of exciting activities taking place across the Science department, showcasing the diverse and inspiring careers linked to our curriculum.

### 1. Smashing Stereotypes in Science

Pupils explored the stories of scientists from a wide range of fields, learning how many have overcome significant challenges to succeed. One inspiring example was Dr Nic Bonne, who was born visually impaired but pursued his passion to become an astronomer.

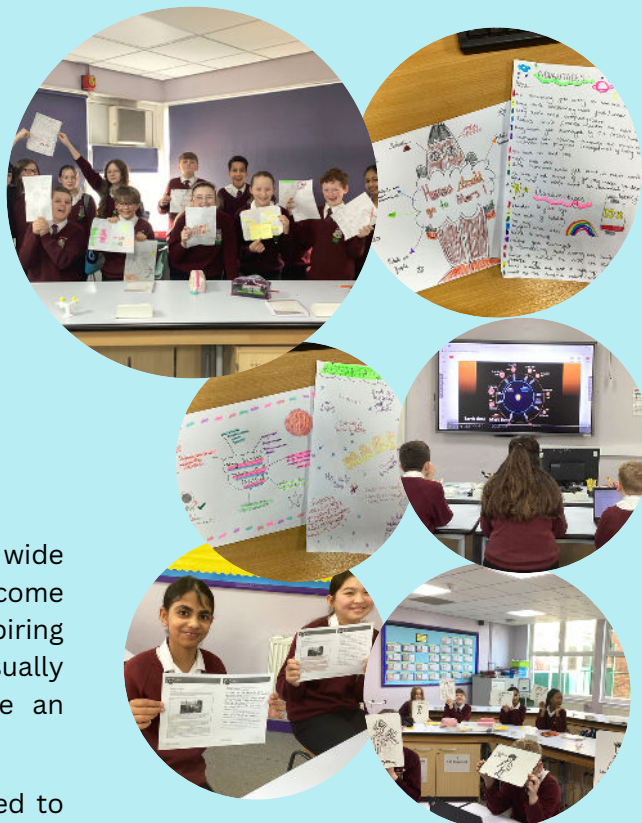
In lessons, some of our Year 7 pupils were asked to draw a scientist. The vast majority sketched old, white men with wild hair and lab coats – perhaps reflecting how scientists are often portrayed in the media! After exploring “smashing stereotypes” stories, pupils recognised that scientists today look just like us. They can be women or men, come from a range of cultural and religious backgrounds, and have diverse interests outside of science.

We also discussed the important role of women in Science with Year 7 and Year 8. Pupils learned about Bex Sutton, who promotes representation and inclusion in STEM through her work, inspiring young people to see science as a space for everyone.

### Inspiring Futures in Science

National Careers Week provided pupils across all Year groups with valuable insight into the breadth of opportunities available within science. From space exploration to medicine, engineering to forensic investigation, students have seen that science opens doors to exciting and meaningful careers.

Most importantly, pupils have learned that there is no single “type” of scientist – and that their ambitions, whatever they may be, are entirely within reach.



# British Science Week 2026

## 2. Live Q&A and Exploring Mars

### Live Q&A with the UK Space Agency

Students enjoyed a live Q&A session with specialists from the UK Space Agency, as part of “Mars Hour”. They heard directly from professionals working in the space sector and gained valuable insight into real-world science careers.

### Exploring Mars

To celebrate Mars Day, some of our Year 7 pupils took part in an exciting exploration of the Red Planet. They learned about the Martian environment, recent missions, and what it might take for humans to live and work there in the future.

Importantly, pupils explored the huge range of professionals responsible for coordinating space missions, including aerospace engineers, data analysts, space doctors and astrophysicists. They learned that there are many pathways into science careers and that following their ambitions is key.

Students also took part in lively debates on:

### “Humans vs Robots: Who should go to space next?”

They considered safety, cost, scientific discovery, and the unique strengths that both humans and robots bring to space exploration. It was a fantastic opportunity to develop scientific thinking, teamwork and curiosity about the future of space travel.

## SCIENCE CAREERS

### 3. Careers Spotlight: Astrobiologist

Year 9 students explored the fascinating career of an astrobiologist – scientists who investigate whether life could exist beyond Earth.

Pupils examined the extreme conditions across our Solar System, from the hot, acidic environment of Venus to the icy oceans beneath the surface of Enceladus. They studied extremophiles on Earth and deduced which locations in space might support similar life forms. This activity highlighted how biology, chemistry and physics combine in cutting-edge space research.

### 4. Careers Spotlight: Air Traffic Controller

Year 7 students linked their current topic of speed to the career of an air traffic controller. They calculated the speed of planes on the runway and in the air, understanding how precise measurements ensure passenger safety.

Students also explored pathways into this career, including university routes and specialist training, as well as the essential soft skills required – such as decision-making, communication and the ability to remain calm under pressure.

# British Science Week 2026

## 5. Year 10 Careers Links

Year 10 students have been making strong connections between their learning and future careers.

### Radiation and Half-Life

Students explored how understanding radiative decay and half-life applies to several professions:

- **Nuclear Physics** – Understanding radioactive decay and determining safe disposal times for materials.
- **Medicine** – Calculating appropriate dosages and treatment timings for patients.
- **Archaeology** – Using carbon-14 dating to determine the age of ancient artefacts.

Separate Chemistry students are currently studying titrations and discussed how phenolphthalein is used to assess the carbonation and pH of concrete. This helps engineers evaluate structural durability and integrity – a crucial aspect of civil engineering and construction.

## SCIENCE CAREERS

## 6. Year 11 Careers Links

### Chromatography

Students learned about the process and applications of chromatography, from analysing dyes in food colouring to solving crimes through forensic analysis of substances such as blood samples.

### The Motor and Generator Effects

Year 11 also explored the principles behind motors and generators. These underpin technologies used in vehicles, power stations, microphones and loudspeakers – highlighting the importance of physics in engineering and everyday life.

Overall, Science Week was a fantastic celebration of curiosity, creativity, and discovery. It was wonderful to see so many students asking questions, seeking answers, and engaging with science in such meaningful ways.

## PAX CHRISTI VISIT

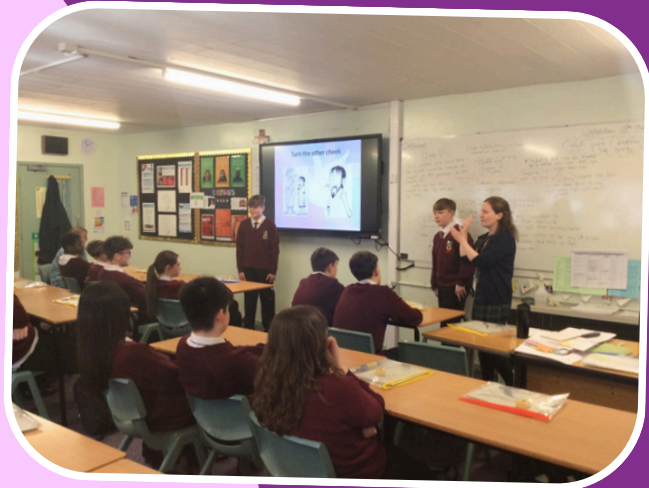
The RE Department was delighted to welcome Pax Christi into school to work with a group of Year 9 pupils.

During the session, students explored the theme of peace, reflecting on its importance in today's world and considering practical ways they can promote peace in their own lives and communities.

Aisling Griffin, Schools and Youth Education Worker, also spoke to pupils about her career path. She explained the steps she took to reach her current role, including her studies, experiences, and the values that guided her choices. This session gave students a clearer understanding of the different routes into careers focused on peace and social justice.

We were especially pleased to have Aisling share her knowledge, as her insights offered a valuable perspective on working in peace and justice, and inspired pupils to think about how their own values might shape their future pathways.

The session was engaging and thought-provoking, and we are grateful to Pax Christi for their time and contribution to our students' learning.

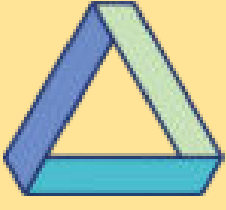


## SCHOOL COUNCIL

The School Council recently met to celebrate an exciting milestone as pupils were presented with their official council badges. During the meeting, members discussed important topics around inclusion and diversity within the school and shared thoughtful ideas that could be introduced in the final term to make our school community even more welcoming and supportive. The council also reflected on the work they have already carried out this year, including discussions around anti-bullying, rewards, and attendance.

Their contributions have already led to several positive changes, such as the introduction of new certificates, a new attendance initiative, and improvements to our anti-bullying surveys. The meeting highlighted the pupils' commitment to helping shape a positive and inclusive environment for everyone at Our Lady's.





## UK Maths Trust

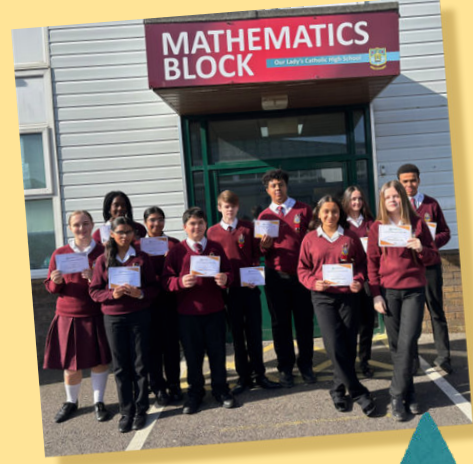
# Maths Challenge

Earlier this term, pupils in Year 10x1E, Year 10x1A, Year 9B1 and Year 9B2 took part in the UKMT Intermediate maths challenge, a national problem solving competition promoting mathematical reasoning, precision of thought and fluency of mathematical techniques.

28 of our students achieved a certificate based on their score which was a fantastic achievement.

Dane L achieved '**Best In Year**' for Year 9 with a gold certificate and Ajit S in Year 10 achieved '**Best In School**', receiving a gold certificate for the challenge.

On the back of this Ajit S qualified for the '**Pink Kangaroo**' Challenge and Dane L the '**Grey Kangaroo**', with invitations sent out to only a few thousand students. An amazing achievement.



## GOLD

### YEAR 9

Dane

### YEAR 10

Harry  
Oliver  
Ajit

## SILVER

### YEAR 9

Emily  
Chloe  
Chiamaka

### YEAR 10

Jacob  
Oscar

## BRONZE

### YEAR 9

Reon  
Aidan  
Daisy  
Nyla  
Gracy  
Connie  
Hannah  
Dillon  
Harshini

### YEAR 10

Arham  
Tommy  
Cora-Rose  
Grace  
Isabelle  
Kayah  
Naomi  
Oliver  
Ryan  
Joshua



# News & Information



**'Wear Something Bright' day on  
Thursday 26<sup>th</sup> March 2026**

If you would like to join in, please donate  
£1 (on Scopay)



**Brighten Up!**  
**Guidelines**



**LANCASTER UNIVERSITY  
SCHOOL OF MATHEMATICS**

From Wednesday 11th March, LUSoM will be offering a 7-week revision programme tailored towards your students expected maths grade. We have the Aim Further programme for students expected 8/9 grade and the Secure 7 programme for students expected a grade 7.

**LUSoM Aim Further**

Predicted Grade:

**8/9**

Interested in studying:

*Further Maths*

[Click here](#)

**LUSoM Secure 7**

Predicted Grade:


**7**

Interested in studying:

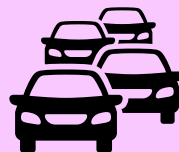
*Maths*

[Click here](#)

## **USEFUL RESOURCES**

**Staying Safe Online -  
March' 2026 Bulletin** 

**Community Support  
Information** 



**IMPORTANT**

## **St Anthony's Church Car Park**

Parents and carers are asked to note that scaffolding will be erected around St Anthony's Church from **Monday 30 March**, with building work taking place for approximately **seven weeks**. During this time, **the entrance to the car park from St Anthony's Drive will be closed throughout the day**. Access to the car park from Cadley Causeway will also be closed between **8.30-9.00am and 2.30-3.30pm**, with **staff and parishioner vehicles only able to enter outside of these times**. For safety while contractors are on site, pupils are asked to **walk around using the pavements on St Anthony's Drive and Cadley Causeway rather than crossing the car park**. The work is expected to be completed and scaffolding removed by **Friday 15 May**.

## Exam Information

Our internal examinations begin on Monday 30th March with our exam practices being held on Thursday 26th March (for Year 7) and Friday 27th March (for Years 8 to 10). For these practices, and the examinations, pupils will need to be **fully equipped**. For all examinations pupils will need:

- Two black pens
- A pencil
- A ruler (preferably 30cm)
- A sharpener
- Specialist equipment for certain exams such as a calculator, protractor or compass

**Due to examination board rules these should be stored in a clear pencil case or bag.**

Please check with your child that they have these things ready for the examination practices so that they can perform at their absolute best. We know that they will be excellent!

## HELPING YOUR CHILD REVISE

With internal and external exams approaching, supporting your child with effective revision can make a real difference. Here are some key strategies:

**Create a Study Routine** – Encourage a regular schedule with focused study sessions and breaks.

**Use Active Revision Techniques** – Mind maps, flashcards, and past paper practice help retention.

**Encourage a Distraction-Free Environment** – A quiet space with minimal interruptions boosts focus.

**Support Wellbeing** – Ensure they get enough sleep, exercise, and balanced meals.

Encouragement and small rewards go a long way. Every little bit of revision adds up.



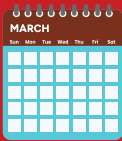
Year 11 Revision Sessions Available

## 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



## 2026 Diary Dates

**Thursday 26 March**  
CAFOD Brighten Up Day!

**Thursday 26 March**  
Normandy Trip Information Evening for Parents

**Thursday 2 April**  
End of term - School closes at 12.35

**Thursday 23 April**  
Year 8 Parents' Evening



# Sporting News

## FOOTBALL



Huge congratulations to the U13 girls football team who have made it to the National final for a second time in two years.

This is an amazing achievement. The girls played outstanding football.

Bring on the final in May.



## BASKETBALL



### Our Lady's 20 – 8 Broughton

The Year 7 basketball team made an emphatic statement in their first game of the Preston Schools' Competition, securing a clinical 20–8 victory over Broughton High School.

The match began as a tightly contested, defensive affair, with Our Lady's holding a narrow 6–4 lead at the end of the first quarter. However, as the boys settled into their rhythm, their superior passing and teamwork began to shine. In the second and third quarters, the team hit their stride, utilising fast breaks that the opposition struggled to contain.

Our Lady's remained composed throughout the match, moving the ball well, scoring some terrific baskets and never allowing Broughton a path back into the game.

The MVP award was given to Jacob for executing a perfect "screen", a specific play the squad has been working on in training, which opened up a vital scoring opportunity for his teammates.

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## NETBALL

It was a fantastic afternoon of netball in glorious sunshine at the Preston Schools' Annual Netball Tournament, with excellent performances from both Year 7 and Year 8 teams.

The Year 7B team showed great determination throughout the tournament. Despite facing several strong 'A' teams, they competed brilliantly in every match. Although they were unable to progress to the semi-finals, their effort and teamwork was impressive.

The Year 7A team had an outstanding tournament. After going undefeated in their league matches, they advanced to the semi-finals where they faced St. Cecilia's. The team maintained their composure and delivered a confident performance, winning convincingly to secure a place in the final against Broughton.

The final was a tightly contested match, with play moving end-to-end and both teams finding it difficult to score. In a dramatic finish, Broughton managed to score a late goal, narrowly winning 3-2. Year 7A finished as runners-up after a superb tournament. A special mention goes to captain Emily S, who was deservedly named Player of the Final.

The Year 8 tournament followed a round-robin format. Despite carrying a few injuries, the squad dominated their matches, showing excellent skill and teamwork throughout. They finished the tournament with maximum points, remaining unbeaten and deservedly taking first place.

Overall, it was a brilliant display of netball from all players involved – well done to everyone!

### Team Squads

#### Year 7A

Emily S (Captain), Scarlett O, Jessie B, Elise L, Mikyla M, River B-C, Millie U, Maya N

#### Year 7B

Freya R (Captain), Jessica J, Nadia R, Megan H, Maja N, Simrita M, Maja G, Sofia V

#### Year 8

Isabel W, Amber L, Kasia Slack, Eden Palmer, Willow B, Rio A, Fearne B, Bella F



# Careers



## CAREERS FAIR 2026



Our Lady's  
Catholic High School

Our annual Careers Fair at Our Lady's got off to a flying start on Tuesday, with Year groups 7 to 10 taking the opportunity to ask insightful questions and learn about the vast array of careers and future opportunities once they leave high school.

Thank you so much to all of the amazing training providers and employers who visited Our Lady's Catholic High School to take part in our annual Careers Fair. We couldn't do it without your invaluable support.

PHOTO  
ALBUM

[CLICK HERE](#)



*Being One of Ours*

## Winners of the Careers Trail competition



During National Careers Week, Year 7 were invited to undertake the 'Staff Careers Trail' competition.

Did you know some of the staff at OLCHS had interesting careers before becoming teachers.

The variety of jobs included:

- Karate Instructor
- Expedition Leader
- Chef
- Charity Project Worker
- University Research Assistant
- Designer



**PRESTON**  
COLLEGE

**Apprenticeship  
and T Level  
Open Event  
2026**

Join Preston College on Wednesday 29 April from 2:00–6:30pm for the Apprenticeship and T Level Event, a fantastic opportunity to explore your next steps after school or college. Discover a wide range of career-focused courses, meet industry experts and employers, and chat with tutors about how Preston College can help you gain the skills and experience employers are looking for. Whether you're interested in hands-on learning, earning while you learn, or exploring new opportunities, this event is the perfect place to start shaping your future.

[CLICK HERE](#)

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