

Our Lady's Catholic High School



Newsletter No. 25
27th March 2026



The Passion of the Lord Jesus Christ “Let him be crucified!” (Matthew 27:22–23)

On Palm Sunday, we welcome Jesus Christ with joy - yet the same voices soon turn. It reminds us how easily hearts can change. We are called to follow him not only in praise, but in faithful love, even on the road to the cross.

Lord Jesus,
keep my heart steady and true.
When it is easy to follow, give me joy.
When it is hard, give me courage.
May I stay with you always.
Amen

BOOO Virtues

Congratulations go to:

Year 7: Freddie Hopkinson - intentional and prophetic

Year 8: Libby-Jo Linford, Lexi Greaves - active and curious

Year 9: Dylan Hampton - generous and grateful

Year 10: Caitlin Lambley, Olivia Fryzowska - learned and wise

Year 11: Liam Battle - intentional and prophetic



Being One of Ours

Young Enterprise

Little Harvest

Congratulations to the Young Enterprise team, Little Harvest who took part in the Cumbria, Merseyside, Cheshire and Lancashire area final of the 2026 Young Enterprise Competition this week.

The team received the Innovation and Technology Award as well as being selected to take part in the North West final of the competition in May.

A fantastic achievement, well done.



BAE SYSTEMS

PRESTON COLLEGE

BAE Technology Tournament

Eight Our Lady's pupils recently attended Preston College to compete in the BAE Technology Tournament.

Pupils worked in two teams, Year 10 and Year 9. They had to design and build a motor-vehicle to travel along a section of drainpipe using a selection of materials provided.

Although we did not win, both teams had a fabulous informative day and should be very proud of their teamwork and determination.



Phoebe Selected for World Scout Jamboree 2027

We are delighted to share the fantastic news that Phoebe in Year 11, has been selected by her Scout District to represent them at the next World Scout Jamboree, which will take place in Poland in 2027.

This is a truly outstanding achievement and a great honour. Selection for the World Scout Jamboree is highly competitive, with only a small number of young people chosen to represent their region following a rigorous process. Phoebe's selection is a testament to her commitment, resilience, and the values she demonstrates both in and out of school.

The World Scout Jamboree is one of the largest international youth events in the world, bringing together over 40,000 young people from more than 150 countries. It offers a unique opportunity for cultural exchange, personal development, and global friendship, helping participants to build confidence, independence, and a broader understanding of the world around them.

Experiences such as this can have a lifelong impact, developing leadership skills, fostering international awareness, and inspiring young people to make a positive difference in their communities.

We are incredibly proud of Phoebe and all that she has achieved. We look forward to following her journey and hearing about her experiences.

Congratulations, Phoebe, and very best wishes for this exciting adventure!



OLCHS pupils were privileged this week to receive a visit from Bernie and Kate from Million Minutes.

Million Minutes is a charity rooted in Catholic Social Teaching who invest time intentionally listening to young people, so they may be empowered to become protagonists of hope, justice and renewal in society.

Our pupils made mature and moving comments on their place in society and their concerns about global issues.



Information

LOOKING FOR THINGS TO DO THIS SPRING?
HOLIDAY & FOOD ACTIVITIES 2026

SPRING IN LANCASHIRE:
EAT, PLAY, REPEAT!

Wednesday 1st April

SEND

Games Day @ Moor Nook
Ready, Set, Compete!
Competitive Games Day - SEND Session, 10:00-12:00
Join the Fun: Games, Challenges & Friendly Competition

Eligibility: Ages 11-16 (Year 7-11) on Free School Meals.
HAF codes will be sent to parent/carers' email addresses.
Book now on the Holiday Activity website Need help?
Email: PrestonTYS@Lancashire.gov.uk

Happy Easter

HolidayActivities

app.holidayactivities.com/login #HAF2026 Department for Education Lancashire County Council

LOOKING FOR THINGS TO DO THIS SPRING?
HOLIDAY & FOOD ACTIVITIES 2026

SPRING IN LANCASHIRE:
EAT, PLAY, REPEAT!

Wednesday 8th April

SEND

Giant Inflatables @ Moor Nook
Giant Games. Giant Energy.
Challenge Hour: Giant Inflatable Games for SEND 11:00-13:00

Eligibility: Ages 11-16 (Year 7-11) on Free School Meals.
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HOLIDAY & FOOD ACTIVITIES 2026
WHAT'S ON THIS SPRING

Scan the QR code to book your space

Moor Nook Family Hub / The Zone - Easter Activities

Easter Arts & Crafts - Monday 30th March 15:00 - 19:00 Open to all young people
Competitive Games Day - Wednesday 1st April 10:00 - 12:00 (SEND) 17:00 - 21:00 (Open Session)
Inflatable Games - Wednesday 8th April 11:00 - 12:00 (SEND) 14:00 - 18:00 (Open Session)
Blackpool Sandcastle Waterpark Trip - Thursday 9th April Leaving Moor Nook at 11:00 Returning around 16:30

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HOLIDAY & FOOD ACTIVITIES 2026

SPRING IN LANCASHIRE:
EAT, PLAY, REPEAT!

Monday 30th March

Easter Crafts @ Moor Nook
Spring Into Crafting Fun!
Hop Over to The Zone for Easter Creativity
Moor Nook Family Hub - 15:00-19:00

Eligibility: Ages 11-16 (Year 7-11) on Free School Meals.
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HOLIDAY & FOOD ACTIVITIES 2026

SPRING IN LANCASHIRE:
EAT, PLAY, REPEAT!

Thursday 9th April

Waterpark Adventure Awaits!
Day at Blackpool Sandcastle Waterpark
Depart 11:00 • Return approx. 16:30 - Moor Nook

Eligibility: Ages 11-16 (Year 7-11) on Free School Meals.
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Being One of Ours

Information



ONLINE WORRY GROUP

A SAFE SPACE TO UNTANGLE YOUR WORRIES -
AN ONLINE GROUP FOR YOUNG PEOPLE IN HIGH
SCHOOL



To watch the video
please click below

[CLICK HERE](#)



**Centre of
Sporting
Excellence**

**Year 11 Easter
Taster Sessions**

Sport and Football Tuesday 31st March
Personal Training Tuesday 7th April
Netball Tuesday 7th April

Preston College | 10am to 12pm | registration from 9.45am



For more information please [✉ jcollum@preston.ac.uk](mailto:jcollum@preston.ac.uk)

[@pnecommunity](#) [f](#) [@](#) PNECET www.pnec.net/pnecet

USEFUL RESOURCES

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

**Community Support
Information**



Our Lady's Catholic High School

OLCHS ALUMNI COME BACK HOME



TRAIN TO BE A TEACHER

Train with the Catholic Teaching Alliance (CTA) at Our Lady's Catholic High School and start your PGCE with QTS in September 2026.

For more information: www.catholic-teaching-alliance.org
Call: 01772 326931 or Email: CTAPGCE@olchs.lancs.sch.uk

Being One of Ours

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 2 April

End of term - School closes at 12.35

Monday 20 April

All pupils return to school

Thursday 23 April

Year 8 Parents' Evening



BASKETBALL

Our Lady's 25 – 23 Alder Grange // Lancashire Basketball County Cup Quarter Finals

In a nail-biting encounter, Our Lady's secured their place in the Lancashire Basketball County Finals Night with a gritty 25–23 comeback victory. Facing a significant height advantage and skilled ball-handlers, the team initially struggled to settle, trailing 6–4 after the first quarter and 15–13 at half-time. Early errors in over-dribbling allowed the opposition to capitalise on steals, making for a cagey first half.

The momentum shifted dramatically in the third and fourth periods. The team found their rhythm, moving the ball with precision and catching Alder Grange cold with lightning-fast breaks. While some easy scoring opportunities were missed, the relentless offensive pressure often created 2-on-1 or 3-on-1 advantages under the basket.

Defensively, the performance was outstanding. Rico, Oliver, and Zach delivered powerhouse displays, dominating the rebounds and hustling the opposition into crucial mistakes. While every player on the team made a vital contribution, the MVP award goes to Zach. His ability to drive through the defence and score under immense pressure was the difference-maker in the closing stages.



The U14 basketball team played in the Lancashire Cup final on Tuesday against Hutton Grammar. Having lost the pool game heavily 45-23 earlier in the year, the two teams fought their way to the final to meet each other. The game was end to end with some fantastic talent on show from both teams. Unfortunately we just missed out losing 55-57. Chris top scored with 31 points backed up by team captain Josh with 10. A brilliant effort and they now try to win the Preston District Cup after Easter.

Team: Chris, Huey, Byron, Dane, Sam, William, Calym and Josh.

FOOTBALL

Huge congratulations to the U14 Girls who have reached the final of the Preston Cup having beat Ashton 3-0. Goals from Amelia B, Izzy W and Rio A.

The girls showed tenacity and perseverance in absolutely awful weather conditions. We are currently not sure who we will face in the final as the other semi-final has yet to be played.

Well done ladies.



Also huge congratulations to the U16 girls who beat Broughton 4-0 on Thursday evening to progress into the final of the Preston Cup. With three goals from Georgia C, and one from Zuzanna R, the girls showed considerable strength and determination despite knowing lots of the players from the opposing team.

The U16 girls will face Fulwood in the final.



For the second year in a row the U13 Girls have reached the ESFA final and will travel to Stoke on Thursday 21st May to defend their title. Mrs Lin does not have the words to express how huge this achievement is. The girls will face Chiswel School from Bromley in the final. Lots of training to do first but Mrs Lin is confident the girls will be raring to go for the final.

Players will shortly receive more detailed information once the logistics have been finalised.



Careers

TONI & GUY
ACADEMY
LONDON

OLCHS pupil Holly was invited to an apprenticeship open day at Toni & Guy at London Oxford Street.

Holly currently works at Preston's Toni and Guy where she is working very hard to secure her apprenticeship to start this year and her manager is very impressed with her progress and dedication.

On her day in London Holly learned about the history of Toni and Guy and the different things Holly can get involved in, including for example competitions, and how successful she can become through her career journey. She met stylists and staff who did live demos and had a tour of their academy. Well done Holly.



Being One of Ours

BRITISH ARMY INSIGHTS: A GUIDE FOR PARENTS & GUARDIANS

RECRUITING



Sign up for an informative session designed to give parents & guardians clarity, support and confidence about the opportunities the British Army offers young people.

Tuesday, 28 April 2026
18:00 - 19:00

Why does this session matter?

Recent research with over 600 parents and guardians showed that only 27% felt fully confident supporting their young person through the Army application process. This session is designed to help change that by bringing reliable information together in one place.

During the session, parents and guardians will:

- Get a simple overview of the journey into the Army
- Hear from other parents
- Learn about the support available, including:
 - Brand new parent-focused resources
 - Opportunities to sign up to our monthly newsletter
 - A new webpage designed specifically for parents and guardians

[▶ REGISTER NOW](#)

Are you a practitioner looking for a new opportunity?
Are you interested in a career in early years?
Are you looking for an apprenticeship?
Do you teach at a school, college or university and would like to make links?

EVERGREEN EARLY YEARS

We are having a Careers Open Day

Thursday 9th April 2026
9:30-11:00 & 1:30-3:00

Come and visit one of our three beautiful settings and learn about our 'Evergreen Way'.

You will have the opportunity to meet some of our dedicated team and understand what it is like to work at Evergreen Early Years.

Discover the learning and progression opportunities available at Evergreen.

Learn about our partnerships, research and development prospects.

Please email to register your interest, what you would like to get from your visit and which time slot you would prefer.
Jackie@evergreenfutures.co.uk

Find us on the grounds of
Queens Drive Primary School on
Blackbull Lane, Fulwood, Preston, PR2 3LA

Open Day

Evergreen Early Year is a small group of three nursery settings in Fulwood and Garstang.

To introduce what the early years sector is about, we are holding a careers open day on the 9th April.

This will give young people a chance to see one of our settings, speak to some of our team and ask any questions they may have if they are interested in early years as a career choice.