

Our Lady's Catholic High School



Newsletter No. 2
11th September 2026



Our Lady's new school Chaplain

It is wonderful to welcome our new school Chaplain, Phil Johnson, to Our Lady's Catholic High School.

In Phil's words...

“ *I have been a school chaplain in the Liverpool Archdiocese for over twelve years, and I am delighted to now be a part of this wonderful Our Lady's school community.*

It is very fitting to be starting my time here with our new Year 7 students, we have been finding our way around the school building together, discovering all about Our Lady's, and we are making very good progress. Along with our Year 7 students, I am also looking forward to attending the Castlerigg retreats, which are now just a couple of weeks away. Chaplaincy allows me to meet many students through each week, so I am getting to know our older students too. This is a very Joyful community, and I've especially enjoyed our times of prayer and singing along with students in our assembly's. **”**

This week join us in using the Prayer of St. Francis in our devotions.

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

Amen

BOOO Virtues

Congratulations go to:

Year 7: Harry Smith - compassionate and loving

Year 8: Safaa Jiwa - faith-filled and hopeful

Year 9: Joel Jones - intentional and prophetic

Year 10: Grace Hogarth - compassionate and loving

Year 11: Mollie O'Grady - compassionate and loving



Being One of Ours



A HUGE THANK YOU FROM OUR GIRLS' FOOTBALL TEAM

Our Girls' Football Team would like to say a huge thank you to the following individuals, businesses and members of our school community for their incredible support ahead of their exciting trip to Lilleshall, where they will have the honour of representing England in the **British Isles Tournament**, following their fantastic success at the ESFA National Final in Stoke.

The girls will travel to Lilleshall to compete in the British Isles Tournament, where they will play three fixtures over three days. This is a fantastic opportunity for the team and a wonderful reward for their hard work, commitment and success. We are incredibly proud that they will be **representing both OLCBS and England** on such a special occasion.

Thanks to the amazing generosity of our supporters, we have been able to secure two brand-new football kits, a personalised training top for every player, and help towards the cost of the trip, reducing the amount our players and their families need to contribute.

We are incredibly grateful to everyone who has supported the team and helped make this opportunity possible.

Our thanks go to:

- **David Beesley**, OLCBS alumnus and business owner at ITPR – Full Kit Sponsor
- **Dom Hughes at Total Insignia** (Joma Sports) – Full Kit Sponsor
- **Ken Jones** – Training Top Sponsor
- **Anonymous Alumnus** – Donation
- **Linzi Blakey**, OLCBS alumna, Sport Generation – Donation
- **Napthens Solicitors** – Donation
- **Promise Education** – Donation
- **Michelle Kumin**, OLCBS alumna – Donation
- **Mrs Worthington's Form Class** – for their generous contribution following a form bake sale
- **The pupils of OLCBS** – for supporting our Charity Day in July by spending money and running stalls, and particularly our football players who gave up their break and lunchtime to help set up, run activities and clean up afterwards.

To every individual, family, pupil and business who has contributed: thank you. Your generosity means a great deal to the team and has helped give our players the opportunity to represent their school – and England – on this very special occasion.

We are extremely proud of what the girls have already achieved and wish them the very best of luck as they take on the British Isles Tournament at Lilleshall.

Information



OUR LADY'S
CATHOLIC HIGH SCHOOL

OPEN EVENING

Join us for our Open Evening
Thursday 1st October
6 pm - 8.30 pm

Being One of Ours

STAY SAFE TOGETHER.

NUT ALLERGY AWARENESS

PEANUT ALLERGY

Think. Check. Respect. It could save a life.

Peanut allergy is a serious, potentially life-threatening allergic reaction. Even a tiny amount can cause a severe reaction called **anaphylaxis**.

DID YOU KNOW?

- Peanut allergy affects about **1 in 50 children** and many adults.
- It is one of the leading causes of severe allergic reactions.
- Anaphylaxis can cause difficulty breathing, swelling, drop in blood pressure, and even death.

There is currently no cure.

HOW YOU CAN HELP

- CHECK**
Read labels carefully. Peanuts can be in many foods.
- ASK**
When in doubt, ask if a food contains peanuts.
- RESPECT**
Avoid bringing peanut products to school, events, and shared spaces.
- BE KIND**
Include everyone. A small choice can make a big difference.

SIGNS OF A SEVERE ALLERGIC REACTION

Swelling of lips, face, or tongue

Trouble breathing

Hives or rash

Nausea, vomiting

Diarrhea or feeling

If someone has these symptoms, **ACT FAST!** Use epinephrine (EpiPen) if available and **CALL 999**.

Together, we can create safe, inclusive environments for those living with **nut allergies**.

Thank you!

AWARENESS • COMPASSION • ACTION
Because allergies are real. And awareness saves lives.

[> LEARN MORE](#)

USEFUL INFORMATION



[Click Here!](#)

Lancashire Eating Disorder Support Group

A new peer support group in Fulwood for carers of people with eating disorders.

The group will provide a safe and welcoming space for carers to come together, share experiences and connect with others who understand the challenges of supporting someone with an eating disorder.

When: Last Thursday of each month, starting Thursday 24th September

Time: 6pm-8pm

Where: Our Lady St Edward's Parish Centre, Marlborough Close, Preston

[MORE DETAILS >](#)

LANCASHIRE EATING DISORDER SUPPORT GROUP

For Parents and Carers

- A safe and non-judgemental space for parents and carers looking after a loved one with an eating disorder
- Peer support by sharing personal experiences and practical strategies that have helped you cope
- Provide emotional support and reduce feelings of isolation by connecting with other people facing similar challenges
- An opportunity to increase knowledge and awareness around eating disorders
- Build resilience by exploring self care and stress management tools and strategies

Details

- Our lady St Edward's Parish Centre, Marlborough Drive, Fulwood, Preston, PR2 8UE
- The last Thursday of every month starting Thursday 24th September 2020 (excluding December), 6pm - 8pm
- Please confirm attendance prior to sessions by contacting email below
lancashirecarersed@outlook.com This inbox is checked weekly

Information

USEFUL RESOURCES

**Staying Safe Online -
September 2026 Bulletin**

**Community Support
Information**



IMPORTANT

St Anthony's Primary School



A reminder to parents that the barrier on St Anthony's Car Park is enforced from 2.30pm - 3.30pm each day.

2026 Diary Dates

Monday 21 September
Year 7 Pupil Photos in School

Friday 25 September
Year 7 Mass of Welcome

Thursday 1 October
Open Evening

Thursday 22 October
Year 11 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



Being One of Ours

CARDINAL NEWMAN COLLEGE

OPEN EVENTS

Saturday 10th October 2026

Saturday 14th November 2026

Saturday 6th February 2027

[click here](#)

RUNSHAW
COLLEGE

OPEN EVENTS

Next School Leaver Open Event:
Saturday 26th September 2026,
10am-2pm.

[click here](#)

LUSoM Open Day

Saturday 10th October



LANCASTER UNIVERSITY
SCHOOL OF MATHEMATICS

[CLICK HERE](#)



Careers

A promotional poster for Blackburn College's 'Experience Blackburn College' program. It features a green background with white geometric patterns. On the left, there are two cutouts of students: a woman standing and a man standing. On the right, the Blackburn College logo is at the top. Below it, the text 'EXPERIENCE BLACKBURN COLLEGE' is written in large, bold, blue letters. Underneath, it says 'Choose the one for you and we'll see you there'. Then, three dates and times are listed: 'Tues 22 Sept 4.30PM - 7.30PM', 'Wed 14 Oct 4.30PM - 7.30PM', and 'Sat 14 Nov 10.00AM - 1.00PM'. At the bottom right, there is a QR code and the text 'For more information scan here'. The website 'blackburn.ac.uk' is at the very bottom.

Blackburn College

**EXPERIENCE
BLACKBURN
COLLEGE**

Choose the one for you
and we'll see you there

Tues 22 Sept
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For more
information
scan here

blackburn.ac.uk

UK Parliament

Our Work Experience programme is ideal for students who want to gain more experience in the world of work.

This programme is delivered remotely via Waypoint, a platform provided by SixtyLearn, enabling more young people to gain insight into careers at Parliament. The programme gives you the chance to explore Parliament as a workplace, try realistic tasks inspired by real roles, get personalised feedback to help you grow, and learn about the teams that make Parliament happen!

[CLICK HERE >](#)

SEPTEMBER 2026

BRITISH ARMY CAREERS NEWSLETTER

This newsletter shares helpful updates, resources, and opportunities from the British Army to support young people as they explore career options and build skills. - **British Army Supporting Education**

**CLICK
HERE**


ARMY
BE THE BEST

Being One of Ours