

Our Lady's Catholic High School



Newsletter No. 3
18th September 2026



Our Lady's school Chaplain

I came across a very simple song recently called ***Have you found the Lord?***
The lyrics are almost childlike and pose very simple questions, but the simplicity caused me to consider where the Lord is in a new and direct way.

Here are the first two lines:

Have you found the Lord? Is he in the wind Yes, yes, yes he's in the wind
Have you found the Lord? Is he in the storm Yes, yes, yes he's in the storm

The song continues to list all the places Jesus is, and the great peace and comfort is that he is in all these places in our lives and never leaves us.

May the Love of the Lord Jesus draw us to himself.
May the Power of the Lord Jesus strengthen us in his service.
May the Joy of the lord Jesus fill our souls.
May the blessing of God almighty,
The Father, the Son, and the Holy Spirit,
Be amongst us and remain with us always,
Amen



BOOO Virtues

Congratulations go to:

Year 7: Marhama Noaman - compassionate and loving

Year 8: Maya Walewski - grateful and generous

Year 9: Connor Inglis - attentive and discerning

Year 10: Calym Hardman - attentive and discerning

Year 11: Ella Gardner - curious and active



Being One of Ours



Duke of Edinburgh Bronze Award Assessment Expedition

Congratulations to the 73 students who successfully completed their Bronze Duke of Edinburgh Award assessment expedition. The standard across the expedition was fantastic. The students demonstrated excellent navigation skills, with a huge amount of progress evident since their practice expedition. Their confidence, teamwork and ability to make decisions together really stood out.

The expedition food also deserves a special mention! Some of the meals prepared by the students were among the best we have seen on expeditions in the last 10 years. From planning and preparation to cooking together at camp, the students certainly proved that expedition food does not have to be boring! Most importantly, the expedition was filled with fun, laughter and memories that will stay with the students for years to come.

Was it hard at times? Absolutely. Students had to wake up early, carry heavy rucksacks and, for some groups, walk for hours in pouring rain. However, they faced every challenge with camaraderie, humour and determination. They encouraged one another when things became difficult, showed compassion towards their teammates and kept going when tiredness set in.

Completing a DofE expedition is about much more than reaching the finish. It is about developing resilience, independence, teamwork and the confidence to overcome challenges. Our students demonstrated all of these qualities in abundance.

To all 73 students: we are incredibly proud of you. Not just for completing your expedition, but for the way you approached it – supporting one another, finding humour when things got tough and showing determination every step of the way. You created some fantastic memories along the journey and should be extremely proud of everything you achieved.



[more photos](#)



Bon
appetit

YEAR 10 GCSE FOOD TRIP

Pupils from the Year 10 GCSE Food Preparation & Nutrition class enjoyed a fabulous meal at Angels Restaurant on Thursday night.

The pupils were able to experience fine dining in one of the region's best restaurants.

It is anticipated that pupils will use the experience to give them inspiration for their own dishes throughout the course.



Being One of Ours



OUR LADY'S
CATHOLIC HIGH SCHOOL

OPEN EVENING

THURSDAY 1 OCTOBER 2026

6PM UNTIL 8.30PM

Headteacher Talk at 6pm | 7pm | 7.45pm

COME AND FIND OUT WHAT IT MEANS
TO BE
One of Ours

OPEN DAY

Friday 9 October at 10am

Friday 9 October at 11.15am

To book an *Open Day* appointment
please use the QR Code or [click here](#)



OurLadysCatholicHighSchool



olchs_fulwood



olchspreston

LOVE | LEARN | GROW BEING ONE OF OURS

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Information



Monthly Art and Creative Workshops for Young People aged 14-19: Culture on Canvas with Artist Shailan Wynter

A colourful, hands on painting workshop celebrating culture, identity and self expression.



Date & Time

Saturday, 3 October at 11am - 1pm

Location

The Studio

Age range

Young people ages 14-19

Cost

Free

Ticket needed?

No ticket needed

**MORE
INFO**



Being One of Ours

STAY SAFE TOGETHER.

NUT ALLERGY AWARENESS

PEANUT ALLERGY

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

PEANUTS ARE NOT SAFE FOR EVERYONE

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

Dizziness or fainting

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

Thursday 1 October

Open Evening

Thursday 22 October

Year 11 Parents' Evening

Thursday 26 November

DofE Presentation Night

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

NETBALL

YEAR 11 NETBALL GET OFF TO A FLYING START

The Year 11 netball team have kicked off Preston Schools season with a fantastic start, securing two impressive wins.

In their opening game, the team faced Christ the King and came away with a convincing 14–1 victory. Player of the Match was awarded to Jemma McMaster, who impressed with her excellent availability and movement around the court at Centre.

Game two proved to be much more of a nail-biter against Archbishop Temple. Preston got off to an early lead, but a few unforced errors allowed Archbishop Temple to creep back into the game. However, the team kept their composure and, following a few tactical changes, managed to secure a well-earned three-goal victory.

Captain Amy Ross was named Player of the Match for her excellent performance and leadership.

A fantastic start to the season — well done Year 11.



Careers



speed networking event Can You Help?

Employers & Professionals needed for our Year 11 Speed Networking Event

On Wednesday 4th November 2026, our annual Speed Networking event will take place for Year 11's in school from 10.15am until 12.30pm.

The event will involve two 1-hour sessions; half the year group will be involved each time. Small groups of pupils will arrive at each desk with a set of questions to ask employers, to investigate different careers and the world of work. After a short time, a whistle will blow and the pupil groups will rotate, in order for them to see and speak to as many employers / professionals as possible.

Please email careers@olchs.lancs.sch.uk if you feel you could volunteer your time to support our students as they explore future careers and develop their understanding of the world of work.

A poster for the Blackburn College Experience. It features a woman in a black jacket and a man in a grey jacket standing on a green and white striped background. The text includes 'Blackburn College', 'EXPERIENCE BLACKBURN COLLEGE', and the dates 'Tues 22 Sept 4.30PM - 7.30PM', 'Wed 14 Oct 4.30PM - 7.30PM', and 'Sat 14 Nov 10.00AM - 7.00PM'. It also includes a QR code and the website 'blackburn.ac.uk'.



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 >

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](#)

