

Our Lady's Catholic High School



Newsletter No. 5
9th October 2026



The Fruit of the Spirit

It was wonderful to meet so many families in our chapel, during open evening last Thursday. I especially enjoyed many positive conversations about the catholic life of our school. I hope that our student volunteers and I were able to give parents an insight into the support and opportunities that students have, to grow in their faith here at Our Lady's Catholic High School.

The Art activity (picture example opposite), that many of our year 5 & 6 visitors completed, was inspired by scripture from the book of Galatians; verses 22 & 23, where the scripture says: **But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.** This is a wonderful scripture, reminding us of the freedom we have in Christ to live together in a better way.

We want our pupils to Love, Learn and Grow, throughout their journey here at Our Lady's and for them to know, experience and literally to bear this fruit of the Spirit. Whilst it is a constant effort to maintain these virtues, and we can all make wrong choices, the Holy Spirit is able to help us, every step of the way. Living with the fruit of the Spirit in our lives becomes easier and more natural, when we pray each day for God's help.



Dear Father God, thank you that you have given us all a better way to live together.

Lord, help me to walk closer to you, and help me to tell you about my worries and troubles each day.

Remind me that you are able to guide and encourage me along my journey.

When I slip up, thank you that you will forgive me and guide me on my way again.

Thank you for the freedom to love, Learn and Grow.

Amen

BOOO Virtues

Congratulations go to:

Year 7: Chrissy Kelly - compassionate and loving

Year 8: Matilda Worswick - faith filled and hopeful

Year 9: Jonah Maduka - faith filled and prophetic

Year 10: Myles Jenkinson - intentional and prophetic

Year 11: Zaya Brown, George Denton, Bobby Peace, Ella Gardner - curious and active



Being One of Ours

Open Evening

Last Thursday, we were delighted to welcome prospective pupils and their families to our annual Open Evening.

Thank you to everyone who attended and helped make the evening such a success. It was wonderful to showcase our school community and give visitors a glimpse of what it truly means to be **One of Ours**. We've put together a video of the evening, to view please [click here](#).

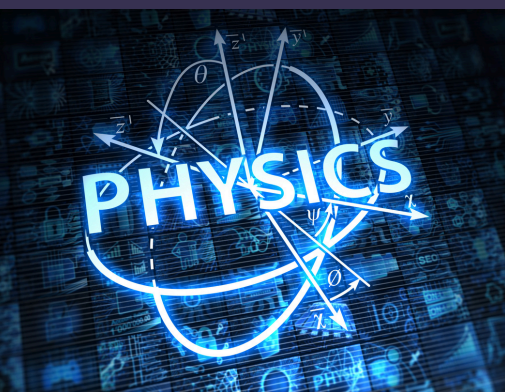
→ Year 7 Admissions

To apply for a place at Our Lady's Catholic High School for admission in September 2027 parents must apply via Lancashire's online application system. The closing date for applications is 31 October 2026. To read our Admissions information on the OLCBS website please [click here](#).



OUR LADY'S
CATHOLIC HIGH SCHOOL

LOVE
LEARN
and GROW



Year 11 GCSE Physics pupils recently visited the University of Lancashire (ULAN) to get hands on experience of some of the required practicals for their course. Pupils were able to investigate waves using both ripple tanks to study water waves and apparatus to generate waves in a string in order to investigate waves in solids. Pupils were highly engaged in all tasks, demonstrated good prior knowledge of the topic and enjoyed being able to use all the equipment at the university.



Being One of Ours

Year 11 Urban fieldwork in Liverpool

Year 11 Geographers went to Liverpool to investigate different sites of urban regeneration. We started on the waterfront, visiting the Liverpool Museum, looking at how Liverpool's economy has changed over time and the role of regional, national and international transport and trading links. Then the students worked in small groups, assessing the environmental quality of Albert Dock, conducting a land use survey and pedestrian counts as well as undertaking short interviews with visitors to the site. We walked through Liverpool One, looking at Chavasse Park as an example of 'Urban Greening'. After lunch we then walked through to another iconic Liverpool location - Bold Street and undertook the same fieldwork techniques so that we can compare data from the two sites back in the classroom.



On Thursday, 8th October, all Year 7 pupils took part in an engaging 2½ hour session led by Talk the Talk, a company dedicated to developing confident communicators for life. During the workshop, specially-trained facilitators guided pupils through the process of planning and delivering a short presentation reflecting on their transition from primary to secondary school.



The session focused on the importance of effective speaking and listening, equipping pupils with key techniques for confident and clear communication. A huge well done to all our Year 7s for their enthusiasm and participation. These valuable oracy skills will continue to be developed, supported by our school's Oracy Essentials, helping ensure that every pupil not only learns through talk but also learns how to talk.



BIOLOGY WEEK

On Thursday, our Year 9 pupils took part in the exciting final of the Biology Week Spelling Bee, a national competition run by the Royal Society of Biology in partnership with the University of Dundee. This year, 248 schools and colleges across the UK have signed up to take part, with a word list that includes a range of biological terminology and references to natural history.

Over the past four weeks, Year 9 pupils have been preparing for the event by completing homework based on a challenging list of 100 biology key terms, ranging in difficulty. Regular practice spelling tests were also incorporated into lessons to help pupils develop their confidence and accuracy with scientific vocabulary.

Last week, pupils competed in qualifying rounds during their science lessons. Here, they tackled a traditional written spelling test featuring 20 words from the list. The top two performers from each class earned a coveted place in the highly anticipated final, held in the Arts Theatre.

The final followed the format of a traditional spelling bee, with finalists required to spell words aloud in front of their peers. Any of the 100 words could be selected, making the challenge both demanding and unpredictable. Competitors had two minutes to correctly spell as many words as possible, with the winner being the pupil who achieved the highest score within the time limit.

All Year 9 pupils behaved exceptionally throughout the event, enthusiastically supporting and celebrating those who had reached the final. The atmosphere was positive, encouraging and supportive, with pupils demonstrating excellent resilience, determination and confidence. While there were a few nervous moments, every finalist rose to the challenge and should be incredibly proud of their achievement.

Congratulations to our overall winner, Ayaan, who delivered an outstanding performance by correctly spelling 27 words in just two minutes at remarkable speed and accuracy.

The Biology Week Spelling Bee has been a fantastic opportunity for pupils to strengthen their understanding of scientific terminology, develop their literacy skills and learn new biological vocabulary. We are incredibly proud of all our Year 9 pupils for their enthusiasm and commitment throughout the competition.

Congratulations to Year 9 and well done to all who took part.



STREET WISE

Year 7 were treated to an engaging performance from Streetwise, designed to help them think carefully about road safety and the choices they make when travelling to and from school.

Pupils learned about mobile phone use near roads, staying aware of surroundings, crossing safely, avoiding distractions, understanding the dangers of stepping into the road without looking, and considering the actions of drivers, cyclists and other road users.

The performance allowed pupils to see how quickly everyday distractions can become dangerous and reinforced the importance of remaining alert and making sensible decisions around traffic.



CATHOLIC
TEACHING
ALLIANCE

Teacher Training

based at Our Lady's Catholic High School

**Is teaching for you?
Next steps after university?
A career change?**

Catholic Teaching Alliance teacher training courses (PGCE with QTS) available:

- Early Primary (3-7 years), General Primary (5-11 years)
- Secondary (11-16 years), Secondary with post 16 (14-19 years)

View our list of courses, please [click here](#).

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

Being One of Ours

Information

USEFUL RESOURCES

**Staying Safe Online -
October 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

Thursday 22 October
Year 11 Parents' Evening

Friday 23 October
Half-Term - School Closes at 3pm

Monday 2 November
All Pupils Return to School

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 PRESTON SCHOOLS' CHAMPIONS



The Year 11 netball team, captained by Amy R, played their final round of Preston Schools' League fixtures against St Cecilia's and Corpus Christi. The team put in two excellent performances, winning both games convincingly and finishing the season unbeaten.

- This fantastic result means the squad are once again Preston Schools' League Champions – an incredible achievement, having won the title four times out of a possible five throughout their school career. A brilliant way to finish their final league season.

Players of the Match were awarded to Amy R and Chloe G for their outstanding performances.



Sporting News

YEAR 8 **FOOTBALL** LANCASHIRE CUP



Our Year 8s played in the first round of the Lancashire Cup on Monday evening, away to Tarleton Academy. Our boys got off to a strong start and looked very comfortable on the ball throughout the game and with 5 goals from 5 different scorers, even the flurry of two goals in quick succession from the opposition in the closing 10 minutes was not enough to rock the OLCHS team.

OLCHS will play Shuttleworth from Burnley in the next round.

RUGBY

Recently, a squad of 11 Year 9 girls headed to Preston Grasshoppers for a fantastic day of training and competition. The girls were kept busy throughout the morning, taking part in a range of drills and practices designed to improve their skills, decision-making and game knowledge. They then put their hard work into action in the afternoon, showing great teamwork and determination to win both of their games. It was a brilliant day of learning, competing and having fun, and a great experience for everyone involved.



Being One of Ours

CAREERS

ASSEMBLIES

In school we have held Careers Information Assemblies for Our Lady's pupils to gain insight into their future pathways once they leave high school.

Apprenticeships

Our Year 7 pupils had their first careers talk since joining OLCHS, marking the beginning of their careers journey with us.

Every half-term, we invite a different employer or professional into OLCHS to share their career journey with our pupils. As Careers Lead, one of Mrs Lin's key aims is to ensure that all pupils are exposed to a wide range of careers, colleges and post-16 pathways. By giving them these experiences throughout their time at OLCHS, we hope that when the time comes to make important decisions about their futures, they have the knowledge and confidence to make informed choices.

For this first session, Year 7 were introduced to the world of apprenticeships and the idea of "learning while you earn."

Who better to bring this to life than two of our very own apprentices at OLCHS, Miss Cooper and Mr Rawstrone. Both shared their career journeys since leaving school and spoke openly and honestly about the different paths they had taken before finding something they genuinely enjoyed. Their stories were a great reminder to our pupils that career journeys are not always straightforward — and that this is absolutely okay.

Miss Cooper and Mr Rawstrone talked about the apprenticeship process, the challenges of finding the right opportunity and what it feels like when an application isn't successful. Most importantly, they spoke about the value of perseverance and never giving up when things don't go to plan. Year 7 listened brilliantly throughout and followed the talk with lots of thoughtful and interesting questions — including, perhaps unsurprisingly, plenty of questions about pay!

A huge thank you to Miss Cooper and Mr Rawstrone for giving up their time and sharing their experiences so honestly. Also a big well done to Year 7 for their excellent engagement. This was just the first of many opportunities they will have to explore the world of careers during their time at OLCHS — and a fantastic way to start!



Careers

Deacon Chris

Year 9 pupils took part in a careers assembly with Deacon Chris, who kindly joined us to share his career journey from the perspective of a person of faith.

Part of Mrs Lin's role is to ensure that our pupils are exposed to a wide and varied range of careers, experiences and individual career journeys. It is important that young people see that there is no single or straightforward route into a career, and that our aspirations and pathways can change as we move through life.

Deacon Chris spoke openly about his own journey. When he was younger, he initially wanted to become an undertaker and later considered becoming an electrician. His path ultimately took a very different direction when he felt called by God to become a Deacon. He acknowledged that this sense of calling can be difficult to explain, but spoke with real warmth about his journey and how much he loves the role he now has.

Our Year 9 pupils listened actively throughout and asked some very pertinent and thoughtful questions. It was lovely to see them engaging so positively and considering a career and vocation that may be quite different from those they have previously encountered.

Today's assembly also contributes to our work towards the **Gatsby Benchmarks for Good Career Guidance**, particularly **Benchmark 5: Encounters with Employers and Employees**. These encounters give pupils the opportunity to hear first-hand about different working lives and career pathways, helping to broaden their horizons and their understanding of the opportunities available to them.

A huge thank you to Deacon Chris for giving his time and for sharing his career path so openly with Year 9 today. Experiences such as these are invaluable in helping our pupils recognise that careers can take many different forms and that their own journey may develop in ways they do not yet expect.

Cardinal Newman College

As part of our careers provision here at school, Newman College visited Year 11 during Form to discuss the different courses available and what it is like to be a student at Newman. Year 11 listened carefully and were beautifully behaved. Well done Year 11.

The next **Cardinal Newman College Open day is on 10th of October 2026** and we really encourage Year 11s to attend.



Being One of Ours

Careers

RAF

On Thursday morning, pupils at OLCHS welcomed Lenny from the Royal Air Force (RAF), who visited the school to share his career journey and highlight the wide range of opportunities available within the RAF.

Lenny spoke enthusiastically about his love of sport and explained how this passion has flourished during his RAF career through his work in Physical Training (PT). His experiences demonstrated to pupils how personal interests and talents can develop into rewarding career opportunities.

A key message from Lenny's visit was the importance of working hard towards GCSEs. He encouraged pupils to aim for as many GCSE passes at Grade 4 and above as possible, explaining that achieving good qualifications can significantly broaden the range of career pathways available to them.

Lenny also encouraged pupils to look beyond the traditional image of the RAF. While many young people immediately think of pilots when considering a career in the Royal Air Force, he explained that the organisation offers a huge variety of roles, including dentists, chefs, engineers, physical training instructors and many more.

He also highlighted the fantastic apprenticeship opportunities available within the RAF, giving pupils an insight into alternative routes into employment, training and further qualifications.

The visit was a valuable opportunity for our pupils to hear first-hand about life and careers within the RAF and, most importantly, to think positively and ambitiously about their own futures.

We would like to thank Lenny for taking the time to visit OLCHS and share his experiences with our pupils.

Any pupils who would like further information about opportunities within the RAF, or who would like the opportunity to speak to Lenny directly during a future school visit, are encouraged to get in touch with Mrs Lin at school.



**CARDINAL
NEWMAN
COLLEGE**

OPEN EVENT

Saturday 10th October 2026

[click here](#)

Being One of Ours

Careers

CARDINAL NEWMAN COLLEGE

OPEN EVENTS

Saturday 10th October 2026
Saturday 14th November 2026
Saturday 6th February 2027

[click here](#)

LUSoM Open Day

Saturday 10th October



LANCASTER UNIVERSITY
SCHOOL OF MATHEMATICS

[CLICK HERE](#)



Lancaster University School of Mathematics



Extend

Extend is a program for high achieving KS4 pupils who wish to learn beyond the curriculum. Meeting at LUSoM once a month from November till April for 1.25 hours, as a group you will cover material which is not on the GCSE syllabus and will learn some of the incredible uses that maths, chemistry, physics or computer science can have once you take it at a higher level.

Suitable for high attaining mathematics and STEM students

[CLICK HERE!](#)



OCTOBER 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!](#)



Being One of Ours