Our Lady's Catholic High School



Newsletter No. 6
16th October 2026



A Time for Faith, Friendship and Fun

Year 7 Castlerigg Manor Retreat

Our Year 7 students have enjoyed a memorable retreat to Castlerigg Manor, nestled in the stunning surroundings of the Lake District. The retreat offered a perfect opportunity for students to step away from the busyness of school life and spend time reflecting, building friendships, and deepening their faith.

Read more in the following pages of the OLCHS newsletter.



Dear Father God, thank you for all of our wonderful students at Our Lady's. Thank you that you love and care for each and every one.
May we learn to trust you more and more each day as we hear your word, and listen to your voice.
Amen

BOOO Virtues

Congratulations go to:

Year 7: Isla Eaves - intentional and prophetic

Year 8: Isaac Hogarth - grateful and generous

Year 9: Lyla Moore - intentional and prophetic

Year 10: Robert Madejski - attentive and generous

Year 11: Thomas King - active and curious





Year 7

Castlerigg Manor Retreat

Our Year 7 pupils recently enjoyed a wonderful three-day retreat at Castlerigg, in the beautiful surroundings of Keswick. The year group attended in three separate groups, giving each group the opportunity to step away from the routines of school life, grow in faith and build new friendships.

During their time at Castlerigg, pupils enjoyed exploring the local grounds, taking a walk up to the famous Castlerigg Stone Circle and appreciating the beauty of the surrounding landscape. There were plenty of opportunities to have fun together, including a lively party night, which was a real highlight of the retreat!

Alongside the fun and friendship, the retreat also provided valuable opportunities for spiritual reflection. Pupils were encouraged to spend quiet time with God, reflect on their faith and consider their relationship with Him. It was particularly lovely to see how enthusiastically pupils joined in with prayers at mealtimes, demonstrating a growing sense of community and a willingness to embrace the Catholic ethos of the retreat.

The three days were a wonderful opportunity for our Year 7 pupils to get to know one another better, make new friends and develop a stronger sense of belonging within our school community. We are incredibly proud of the way they participated in the activities, supported one another and embraced the spiritual opportunities on offer.

A huge thank you to everyone who helped organise and support the retreats, and to our Year 7 pupils for making the experience such a positive and memorable one. We hope they will carry the friendships, memories and moments of reflection from Castlerigg with them as they continue their journey through our school community.



KS3 HOMEWORK CLUBS

Year 7: Mondays 3-4pm Room 30
Year 9: Thursdays 3-4pm Room 30

Year 7,8,9 can also get help in Learning Support on Tuesdays 2:30-3pm



ANIMAL CARE



Animal Care welcomes Bruce Wayne!

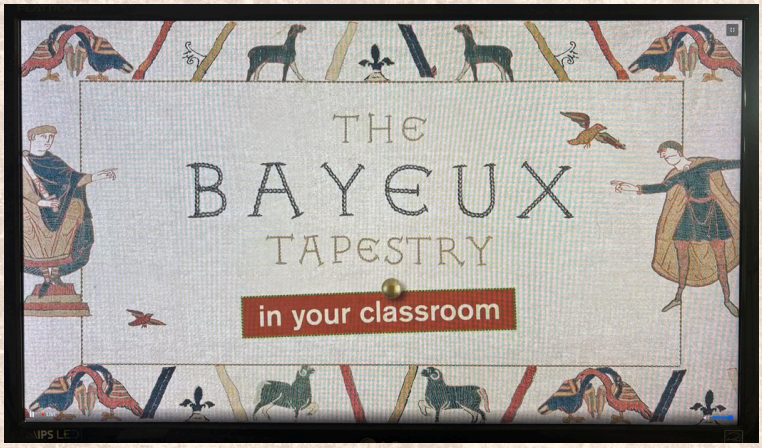
A few weeks ago, our animal carers noticed that one of our guinea pigs seemed lonely and needed some company.

They researched possible solutions and found that the Lancashire Guinea Pig Rescue Service provided the service of bonding guinea pigs for a small fee.

They took Biscoff to Blackburn last weekend, and left him for a few days, where the people who ran the service attempted to find him a companion.

This week we welcome Biscoff back with Bruce. We hope Bruce settles in well.

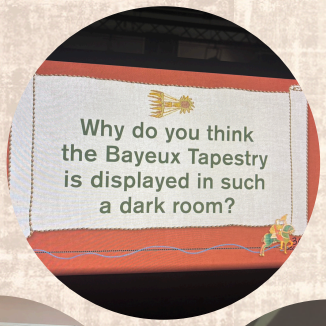
HISTORY LIVE



Year 7 students had the opportunity, on Wednesday 14 October, to commemorate the 960th anniversary of the Battle of Hastings and the recent arrival of the Bayeux Tapestry in Britain, by participating in a *LIVE* event with the British Museum.

Pupils heard from one of the museum curators, describing his role, and heard about the importance of the tapestry. This has provided excellent background knowledge for when all Year 7 pupils study the events of 1066 in more detail after half-term.

All students were attentive, asking numerous questions and demonstrated wonderful eloquence. Their behaviour and attitude was outstanding.

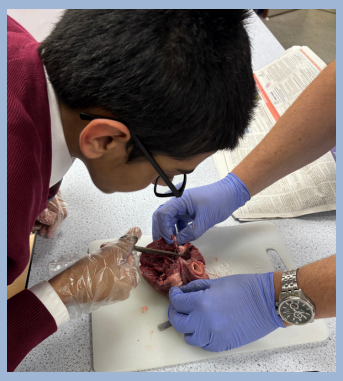






BIOLOGY
Science Lessons

This week Year 10 pupils have been looking at the structure and function of the heart as part of their Biology lessons.



As part of trying to show pupils what they are learning can be applied to life, we decided to complete some dissections of animal hearts to show what these look like in reality.

The pupils were brilliant and as the pictures show, they learned a lot. In fact, a few pupils now wish to become cardiac surgeons. Literally bringing Science to life!



ART





Three of our GCSE Art students, Zaya, Emil and Hanan, recently attended Culture on Canvas, an exciting painting workshop led by Preston-based artist Shailan Wynter at The Harris Museum and Art Gallery.

Inspired by Black history and culture, the students created vibrant acrylic portraits on canvas, exploring themes of identity and self-expression. Drawing inspiration from Shailan's own artwork, they experimented with bold colours and techniques to produce their own unique pieces.

What a fantastic opportunity for our young artists to develop their skills, explore new ideas and celebrate the power of art and identity.

BOOK FAIR

The Scholastic Book Fair is coming to Our Lady's on 26th November and will be here until 1st December. Come by the LRC at break and lunch time and support our school whilst getting your hands on the best new children's books.

We've set our goal! This Book Fair we are aiming to earn £100 in rewards. Every book you buy supports our school and brings more free books to our pupils.



Attendance matters.

A fantastic achievement for our school community

We are delighted to celebrate Our Lady's Catholic High School being recognised in the Top 10% of all FFT secondary schools in England.

This is a wonderful reflection of the commitment, determination and consistency of our pupils — but it is also a reflection of the incredible support they receive at home.

A huge thank you to our parents and carers for your continued support, encouragement and positive reinforcement. Your messages, conversations, routines and high expectations make such a difference and help our young people understand the importance of being in school, being ready to learn and making the most of every opportunity.

Pupils — you should be incredibly proud.
Parents and carers — thank you for being such an important part of the journey.

As we look ahead to the rest of the academic year, we are excited to see what this year will bring and what our pupils can achieve together.

Together, we can make every day count.



ATTENDANCE

As we approach the midpoint of the new term, we would like to remind families of the importance of regular attendance and the value of acting early when difficulties arise.

If your child is unwell, please use the attached NHS guidance (below), “Is my child too ill for school?” to help decide whether they should attend.

Many common minor illnesses do not require children to stay at home if they are otherwise well.

If your child is becoming anxious or worried about coming to school, or if there is anything else affecting their attendance, please talk to us early. Working together at the first signs of difficulty can help prevent small problems from becoming bigger ones.

Click Here

Is my child too ill for school?

UK Government NHS

Does your child have a high temperature (38°C or more)? YES Keep them off school until it goes away. NO Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.	**Cold sores** Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.	**Impetigo** They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.	**Ear infection** If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.
Threadworms Speak to your pharmacist, who can recommend a treatment.	**Conjunctivitis** Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.	**Ringworm** See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.	**Measles** They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
	Head lice & nits You can treat head lice and nits without seeing a GP.	**Scarlet fever** They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.	
	Hand, foot & mouth disease If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.	**Chickenpox** Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	
	Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.		

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'

USEFUL OLCHS CONTACT DETAILS

Attendance phone line:
01772 326914

Attendance email:
attendance@olchs.lancs.sch.uk

Year Offices and Pastoral Teams
Year 7: 01772 326 907
Year 8: 01772 326 908
Year 9: 01772 326 909
Year 10: 01772 326 910
Year 11: 01772 326 911

ADMISSIONS 2028-2029

Changes have been made to the Admissions Policy for 2028-2029. There will be a 6 week consultation period and the policy will be available to view until Friday 11 December by clicking on the link below.

CLICK HERE



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
Year 7 Mass of Welcome

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

FOOTBALL

U14 ESFA CUP - 1ST ROUND

Huge congratulations to the U14 girls football team who beat Broughton 7-1 in the first round of the ESFA cup. The team dominated the match and scored some beautiful goals including a wonderful free kick. The girls now travel to Maryport in Cumbria to Netherall school.

U14 ESFA CUP - 2ND ROUND

On Friday 9th October the U14 girls football team travelled north to play Nertherall School in the second round of the cup. The OLCHS girls dominated the game and won 5-0.
Goals coming from Charlotte B, Ruby C, Izzy W and Rio A.

Huge well done ladies we are so proud of you.

LANCASHIRE CUP

Huge well done to the U13 girls who beat Ormskirk School in the first round of the Lancashire Cup. The girls dominated from the whistle with lovely goals from Amelie R, Sophia E, *captain* Grace M, Megan H and Emily S.



NETBALL

YEAR 7 & 9 TEAMS

On Thursday Year 7 and Year 9 Netball teams travelled to Moor Park to kick of their netball season.

Year 9 dominated from the offset and won 17-0.

Year 7 had their first fixture of the season with just one team attending as Moor Park did not have a B team. We started a little shakey but soon got into the rhythm with OLCHS winning 15-1.

Huge well done ladies.



Sporting News

Cross Country Running



The Preston District Cross Country event took place at Archbishop Temple School on Wednesday 14th October. Our Lady's were represented by 47 students across all year groups. The rain held off which helped pupils manage to get up the notorious hill throughout the afternoon. The PE staff were extremely proud of all Our Lady's students who demonstrated excellent determination in their races, representing the school in outstanding fashion.

Our Lady's had some tremendous finishes with the Year 7 girls' and Year 10/ Year 11 boys' teams being in contention for overall team winners. Congratulations go to David B who achieved an excellent 2nd place in the Year 10/ Year 11 boys' category, and the girls Year 7 race - Cora A (1st place) and Aiko R (3rd place).







Lancashire Hockey

Congratulations to Year 10 pupil, Melody B who has been selected to represent Lancashire at under 15 hockey. This is the third season Melody has been selected to represent her County.

We wish Melody every success for the season ahead.

MANCHESTER UNITED



Manchester United football team have just released pictures of their 1st team and look who is there in the black top, our very own former OLCHS pupil, Evie Mitchell.

Careers



T Levels Week Parent and Carer webinar: *Understanding T Levels*

As National T Levels Week 2026 approaches, a dedicated webinar is available for parents and carers to help them understand T Levels including what they involve, how they differ from other post-16 options, and the progression opportunities they can lead to. The webinar will be joined by David Scott, T Levels lead at the Department for Education.

Tuesday 20th October 2026, 18:30 – 19:15

Register 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!

