



Dispatches from Our Lady's

Head Teacher Drop In

A reminder Mr Melia is available most Thursdays from 3.30pm to 5pm. To book to meet, please email head@olqoh.com

Match Reports

On Monday 18th March, five Y3 girls attended a football festival at St Wilfrid's School, run by young leaders.



The afternoon was organised with several activities for the children to rotate around.

After a warm up the children worked in groups rotating around skills based activities including dribbling, passing, dodging & marking, spatial awareness and work on fitness. They spent 10 minutes at each activity with a short drink break in between events.

After the skills activities the girls were then mixed with the other schools to make up teams of 5.

The young leaders organised and refereed the games explaining the rules to the children. There were no scores taken as this was merely an introduction to match play for the girls, allowing them to relax and enjoy the games.

The girls all had a great time, working hard and putting a lot of effort into the activities. I was very impressed by their confidence and their behaviour.

Many thanks to OLQOH staff and parents for their support.

On Thursday 21st March nine Y2 children attended a girls football festival at K2. There were 10 schools attending - it was amazing to see so many children taking part.



The event was run by young leaders from St Wilfrid's school who organised all the activities, taught the children and then refereed some simple games.

We played outside on the big astro pitch, set up with 8 activities and 2 rest stations.

The children rotated around each activity and had drinks and snacks at the rest stations.

The activities included dodging & marking skills, dribbling skills, passing skills, spatial awareness skills and lots of fun fitness activities.

The young leaders did a very good job of explaining, demonstrating and organising the children at each activity.

After the rotation the girls stayed with their own class and played some simple friendly games to help them learn a little about the rules.

The children all worked well with lots of effort, energy and enthusiasm. They all thoroughly enjoyed themselves and behaved very well.

Many thanks to Miss Edwards, OLQOH staff and parents for all of their support. (Ann Westgate)

Notes from the Pulpit

Lent is the period of 40 days marked with prayers, fasting and almsgiving. It is a season of reflection and preparation before the celebrations of Easter.

By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days.

Lent began on Ash Wednesday. On this day, ashes were made by burning the palm branches from last year's Palm Sunday celebration. Ashes represent our mortality, which was caused by the destructiveness of sin.

In Lent, many Christians commit to fasting, as well as giving up certain luxuries in order to replicate the sacrifice of Jesus Christ's journey into the desert for 40 days.

Lent is an invitation to grow closer to God through prayers. Prayer improves our relationship with God. Popular Lenten devotions include attending Daily Mass, praying the Rosary, and meditating on the Stations of the Cross.

As we march towards the end of Lent, let us continue to remember to pray, fast and give alms. May the grace of God during this period help us to live up to the demands of the Lenten and Easter seasons.