

# St. Bede's Catholic College

*Specialist Science and Sports College*



Issue 215 28th April 2016 T: 0117 377 2200 E: [contact@stbedesc.org](mailto:contact@stbedesc.org) W: [www.stbedesc.org](http://www.stbedesc.org)

## YEAR 12 DUKE OF EDINBURGH MENDIPS EXPEDITION

*On Friday 22<sup>nd</sup> April, nine Year 12 students embarked on a 3 day expedition in the Mendips, starting in Burrington in torrential rain. We donned our coats and set off braving the elements and terrain.*

*As the weekend progressed, the weather improved as did the morale among the group. We stayed at two basic campsites,*

*Nettwood Farm and Ebborways Farm. The improvement in weather meant a much more enjoyable time for all, with people beginning to thrive on the expedition. By the end of the third day everyone, tired and blistered, successfully arrived in Cheddar having completed our aim and improved our skills.*

**Joe Gilbert, Tom Holbrook and Ollie Capstick Year 12**



## YEAR 7 BOYS FOOTBALL CROWNED BRISTOL CHAMPIONS!

Well done to the Year 7 Boys Football team who were crowned Bristol Champions after a convincing 5-1 win against St. Mary Redcliffe & Temple.

Despite conceding an early goal, St. Bede's kept trying to play good football and equalised fairly quickly through **Dylan Kadji**.

After a change to the team formation at half time St. Bede's took control of the second half with **Jason Soodeen** and **Joe Lewis** controlling play and **Dylan Kadji** adding four more goals to his tally.

The boys now play Chipping Sodbury in the Bristol & South Gloucestershire competition semi final, trying to add to their already impressive **Regional and South West of England 5-a-side titles**. Thank you to all of the parents who turned up to support the boys.



## DATES FOR YOUR DIARY

**29th April 2016**  
INSET DAY

**2nd May 2016**  
BANK HOLIDAY

**5th May 2016**  
Annual  
Prize Giving Evening  
6.30pm

**10th May 2016**  
Key Stage 4 and 5  
5.30pm Art Exhibition  
6.30pm Music Recital

**11th—13th May 2016**  
Year 9 Exams

**16th May 2016**  
Main Period of  
GCE/GCSE Exams start

## NATIONAL MATHS CHALLENGE

At the beginning of April, **Peter Savery**, Year 10 competed in the Kangaroo follow on round to the UK National Mathematicas Challenge, having been selected as the one of the **top Mathematicians in his year group, nationally**. Peter performed very well, and was awarded a Qualification Certificate. Good performance Peter, well done.

## SAVE OR SHAVE?

Over the last four months, 9PDA have raised **£280** for the Capella Foundation. For the first three months, we raised incremental targets each month starting at £20 and the final month a target of £50 with the purpose of saving the beard.

In April, we decided on the **Save or Shave challenge**. Our tutor looked like this! →

9PDA split into 'Team Save or Team Shave' and the challenge was to see who could raise the most money to decide the fate of the beard.



It was very close, and a donation at the final minute by Mr McDermott swung the money in the favour of **Team Shave!**

The beard was removed by 9PDA Tutor Representative **Dan McTiernan**, in front of students and staff in the lecture theatre.



9PDA would like to say a massive thank you to everyone who donated.

## COUNTY ATHLETICS

Congratulations to Year 8 pupil **Christian Albion** who was recently selected to represent Avon, following his success for St. Bede's Catholic College in the **Bristol Schools Sportshall Athletics competition**.

Christian, travelled to Manchester last weekend and won silver medals in both the 100m and 200m relay.

Due to his success, Christian has now joined a local Athletics club. We look forward to hearing more about your achievements on the track in the future. Well done.



## ANNUAL PRIZE GIVING

We are in the process of counting the final votes from staff for this years **Annual Prize Giving**. Children who receive the largest number of votes for either Excellent Achievement or Excellent Attitude to Learning, will go forward to receive an award at Prize Giving. Those pupils who fall short of being a recipient, but have received 3 or more nominations, will receive a small award from the Principal, following the event.



## SAFEGUARDING SPOTLIGHT

### EXAM PREPARATION AND ANXIETY

***"If you know what to do, you can do what you want."***

Everyone gets anxious sometimes and this is a normal part of young people's development as they prepare for new challenges. Anxiety causes a reaction in the body 'fight or flight' which can cause physical symptoms like feeling sick or feeling faint, which in turn can lead to anxious thoughts and behaviour. Anxiety can be caused by lots of different things; we all deal with stressful situations differently and some people are more prone to anxiety than others.

We can help young people to recognise anxious feelings in their body, so they can tell when they are becoming worried and ask for help. As our young people prepare for examinations, here are a few tips to help with beating anxiety;

**Eat well:** A balanced diet is vital for young people's health, and can help them to feel well during exam periods.

**Sleep well:** Good sleep will improve thinking and concentration. Most teenagers need between 8 and 10 hours' sleep a night. Allow half an hour or so for young people to wind down after studying; watching TV, reading or listening to music can help them get a good night's sleep but using devices like phones, computers and tablets should be avoided an hour before going to bed.

**Be flexible:** When students are revising all day, perhaps discuss a break from household jobs?

**Help with study:** Ideally help to provide somewhere comfortable to study. Help them draw up a revision schedule if they do not have one already.

**Talk about exam nerves:** Nervousness is a natural reaction to exams. The key is to put these nerves to positive use. Being reminded of what they do know and the time they have put into study can help them feel confident.

**Encourage exercise:** Exercise can help boost energy levels, clear the mind and relieve stress. Walking, cycling, swimming, football and dancing are all effective.

**Avoid adding pressure:** Listen, support and avoid criticism. Adapted from : <http://www.nhs.uk/> - coping with exam stress

During the coming weeks some exam students will participate in some relaxation techniques including Christian Meditation or Mindfulness, This course is optional and has attracted huge interest.

## UNDER 14'S GIRLS FOOTBALL TEAM ARE BRISTOL CHAMPIONS!

Congratulations to our Year 8 and 9 girls who became **Bristol Schools Champions** by beating St Mary Redcliffe & Temple 4-0 in the final. They were unbeaten going into the game having won all games comfortably.

They went 1-0 up in 30 seconds and continued to dominate the game. The title and trophy is well deserved. It has been a great team effort throughout the league. Well done to all who played.



### Musician Rich Cottell visits St. Bede's

As part of the Personal and Social Education Programme we welcomed musician Rich Cottell to St. Bede's last week.

Rich talked to our Year 7 and 8 pupils about Radicalisation, British Values and Discrimination.

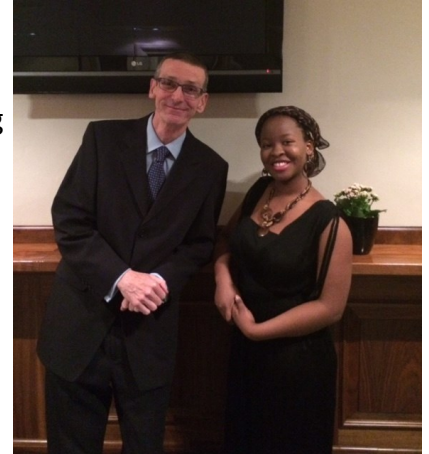
Pupils were also treated to a 'mini concert' with profound and important messages which they thoroughly enjoyed.



### GABBLERS

Congratulations to Year 12 student **Marbel Chawatama** who was a contestant in the grand final of the Gabblers speaking and listening sixth form event recently hosted at the Bristol Hotel.

Marbel spoke engagingly on the title of '*Exits and Entrances*' quoting some funny lines of Shakespeare (In honour of the 400 anniversary of his death). It was a thoroughly entertaining evening. Well done Marbel.



### WINNERS OF MONOLOGUE COMPETITION ANNOUNCED

*The English Department launched a Monologue Writing Competition; open to all year groups. The monologues were judged by the author of 'Hacked' and 'Alias', Tracy Alexander. Tracy visited the college to give all those who participated, constructive verbal feedback as well as present us with a small note and a certificate.*

*Congratulations to the winners **Shanaz Sharonsenthil** -1st Prize, **Jasmin Turkcelik** -2nd and **Orion Malembe** and **Chelsy James** - joint third.*

*We were lucky to have received a National Book Token Gift Card which is a very thoughtful prize to progress in our reading journey!*

*After the prize giving, which took place in the library, we had a Q&A session. Tracy Alexander mentioned valuable techniques and improvements to exceed in our creative writing and shared her inspiring story on a small experience which sparked her author career.*

*Again, well done to everyone who entered the competition and won prizes; there will definitely be more opportunities to enter writing competitions. So, keep writing and read to succeed!*

**Chelsy James, Year 10**



### GOLF



Congratulations to year 9 pupil **Isabel Payne** (Handicap 23) who came Nett Runner Up in the **Avon Schools Golf competition** at Lansdown Golf Club in Bath recently.

Isabel, who has been playing golf for 6 years and plays at Kendleshire Golf Club in Coalpit Heath, scored a gross score of 94 making a net 71—Par was 73.

If any pupils wish to represent St. Bede's at the Avon Schools competition next year, please see Mr Barley.



## RUGBY NEWS

As the competitive rugby season draws to a close, the College has only had one team in action in recent weeks as our year 10 side faced Writhlington School, Bath, in the semi-finals of the Super 8 fifteen-a-side competition.

On a beautiful afternoon both teams played out an exciting match but it was our boys that ultimately delivered the more telling blows, scoring several outstanding individual tries to win the game in some style.

The reward for their efforts was a meeting with Beecham Cliff School, Bath, in the final. This would prove to be a challenging contest with the vastly superior Beecham Cliff making it almost impossible for our talented year 10 athletes to even get a touch of the ball.

For many of our year 10 team, rugby is a sport they only play at school. The majority are stand out footballers, it is rare therefore that they get a chance to hone their skills outside of school fixtures. This meant the final provided a fairly steep learning curve for all involved. That being said, the boys stood up to be counted and improved steadily as the game went on. They were justly rewarded with a fine try from **Laurent Ngunjoh** that drew the game to a close with St Bede's on the wrong end of a decent score line.

The very fact that the year 10 boys were our only side to make the **Super 8 finals** is a credit to them and they should all be very proud of their achievements.

Continuing on that positive note it should be mentioned that the **Girls Rugby Club** started last week and will continue until at least the end of term.

Nine girls came out for our first session and were blessed with beaming sunshine that reflected their attitudes well. We look forward to seeing the girls get to grips with tackling and rucking in the coming weeks. If you have a daughter/s in years 7, 8 or 9 that might be interested in attending the **Girls Rugby Club** then please encourage them to come along. It runs every **Tuesday from 3.30pm-4.30pm**. Girls will need a mouth-guard (about £2.00 from Sports shops) and it is preferable but not essential that they have football boots. This is for safety when the grass is wet. Depending on numbers and interest we will be looking to arrange some competitive fixtures for the girls next year.



## HAIRSPRAY PRODUCTION

As our production of 'Hairspray' is drawing closer we are looking for your help. We are in need of clothes/costumes dating from the early 1960s to give our show a clear sense of time period.

If you happen to have full circle dresses or shift dresses or any other items you think may suit, they would also be most welcome. Thank you in advance.

## REMINDER FOR PARENTS

Could parents dropping off or picking up children do so on the Long Cross, in the interest of the safety of all our children.

Please also remind your children of the need to exercise great care crossing the road. Under no circumstances should they walk/run out between the buses.

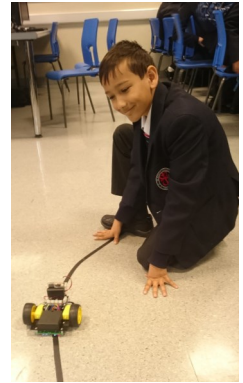
It would also be appreciated if parents are respectful of our local residents and under no circumstances park in such a way as to limit their access to their homes. Thank you.

### Micro:bit

At the start of this term the ICT and Computing Faculty took delivery of **200 BBC Micro:bit computers** as part of a nationwide rollout to give every Year 7 child in the country a free codeable computer. The Micro:bit is a pocket-sized device which includes an LED screen, programmable buttons and an on-board accelerometer capable of sensing shake, tilt and freefall. Other features include a built-in compass and Bluetooth Smart Technology to connect to other Micro:bits, mobile phones and tablets.

So far Year 7 students have created a digital name badge, an electronic compass, a temperature warning system, a step counter and an electronic magic 8-ball. This week there has been enormous excitement over the line-following buggy kits we have received from Kitronik enabling students to code their Micro:bit to respond to external sensors and control electronic motors. The line-following buggy, senses changes in reflectivity enabling it to follow a marked path. Students took turns to create their own tracks and some went as far as reprogramming their Micro:bits to follow their own predefined routes.

Later in the term we hope to enter a team in the Micro:bit Model Rocket Car Competition. This a national competition which will see schools building and racing miniature rocket powered drag cars which are controlled and timed using BBC Micro:bits. We hope to compete in regional races in the next few weeks – watch this space!



### PHOTOGRAPHY CLUB—LANDSCAPES

On Friday 22nd April, Ian Wade joined the photography club for a talk on landscape photography, which is this terms topic. Ian is a local photographer. It was interesting to see some photos of Bristol and it certainly allowed the pupils an insight into what could be achieved on their doorstep. Ian shared stories from his own personal experience and showed what could be achieved with different equipment, including smart phones. We saw some stunning pictures taken on Ian's iPhone 4, which proves you don't need expensive cameras. Ian also made the point that the most important thing in photography is to have fun!



### St. Bede's Riding Team

We are pleased to announce that St. Bede's is now a member of the **National Schools Equine Association**. **Milly Watkins**, year 8 is a rider for our college and will participate in a one day event at



Stonar on 14th May and another event later in the year at Millfield.

If any pupils are interested, and have their own horse, please see Miss Bassett.

### FOOTBALL NATIONAL FINALS

Good Luck to **Genetius Teboh**, year 10 who is playing for **Bristol under 15s School Boys** in the **National Final** next Tuesday, 3rd May at Nottingham Forest Football Club against Liverpool.



### **Dr Chris Hewer visit to St. Bede's—Islam Myth Busting**

On Wednesday 20th April, Dr Chris Hewer, a world leading authority on Islam visited St Bede's to speak to year 11 and Sixth Form students. The sessions were entitled 'Myth Busting - The True Nature of Islam.' Dr Hewer was superb and engaged with students, challenging misleading perceptions of Islam, encouraging all to be ambassadors sharing the knowledge of the true nature of this great world faith.

One of the challenges he set was to look at the "Marrakesh Declaration," which you can find at [www.chrishewer.org](http://www.chrishewer.org).

### **DUKE OF EDINBURGH BRONZE EXHIBITION**

*On the 16th and 17th of April, a group of determined year 10 pupils, completed their practice walk in preparation for their Assessed Bronze Duke of Edinburgh expedition. This involved walking for a minimum of 10 hours over the two day weekend, in the picturesque landscapes of the Cotswold Region. The groups faced many difficulties such as steep inclines, cold weather and extremely heavy bags; containing essentials for their expedition. Team work was crucial, especially whilst honing navigating, cooking and assembling tents. Overall we had a lot of fun and saw many impressive views whilst many valuable skills.*

**Vanessa Diaba and Ann Biju, Year 10**



### **LONDON TRIP!**

On Thursday 23<sup>rd</sup> June, 30 Year 12 students will have the opportunity to take part in an exclusive trip to London.

We will be visiting the Palace of Westminster in the morning which includes visiting the House of Commons and the House of Lords as well as taking part in a workshop on debating skills.

In the afternoon we will watch a performance of Macbeth at the world renowned Globe Theatre, where Shakespeare's plays were first performed in London.

The cost of this trip is £21 and letters can be obtained from Mrs Lindsay or Miss Barnes. Places are on a first come first served basis so get your reply slips in as soon as possible if you would like to go.

### **MAY HALF-TERM SPORTS CAMPS**

During May half term the St. Bede's Community Sports team will be running a 4 day multi-sports camp here at St. Bede's. The sports camp will take place from Tuesday 31st May to Friday 3rd June from 9am-3pm and is open to children aged 7-14. The cost is £40 for the 4-days or £12 per day. Children can bring a friend along free for one day, provided they have not attended previously. For further information or to book a place please contact Rob Allan on 07825 767582 or email [r.allan@stbcc.org](mailto:r.allan@stbcc.org)

### **STAFF VACANCIES**

Governors of St. Bede's Catholic College wish to appoint the following:

**Assistant Principal—September 2016**

Closing date for receipt of Applications: Tuesday 3rd May 2016

**Invigilators—As soon as possible**

Closing date for receipt of Applications: Tuesday 3rd May 2016

Further information regarding these vacancies can be found at: [www.stbedesc.org](http://www.stbedesc.org)