

# St. Bede's Catholic College

*Specialist Science and Sports College*



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## REFLECTION— 1st March – Ash Wednesday



Ash Wednesday marks the beginning of the Lenten season, a time where we ask God for forgiveness and we may choose to fast or donate to charity. On this day, we receive ashes in the shape of a cross on our forehead, a symbol of the dust from which God made us. 'Repent and believe in the Gospel,' the theme of the service attended by pupils, highlighted that this is a time of reflection, a time of renewal and preparation.

**Prayer:** *Lord, as we journey through Lent, inspire us to be kind, show mercy and to make sacrifices that are not designed just to make us feel good about ourselves. Help us to be generous towards one another. Amen.*

**Reflection:** *"We are ambassadors for Christ; it is as though God is appealing through us."*

## JOHN BERCOW—SKYPE THE SPEAKER

Last week, 110 St Bede's pupils were lucky enough to have the chance to 'Skype the Speaker'. This event entailed our pupils putting challenging questions to the **Speaker of the House of Commons, John Bercow MP** and then listening intently to his well articulated answers.

Some tough questions proffered by our students included "Should we trade with countries whose governments contravene our own moral principles?", "Do you think having a weak political left weakens the country?" and "Can capitalism lead to anything other than inequality and suffering?". Mr Speaker answered in his renowned calm, charming and non-partisan manner. He was impressed with the quality of questioning from our pupils and we were hugely impressed by him.

This was very much a once in a lifetime opportunity and St Bede's pupils did themselves proud as they so often do.



Our young people are politically savvy and due to popular demand we will be adding Politics to our A level menu from September 2017. Mr O'Gallagher, Mr Goodman and Mrs Gibson will be leading in this subject.



## LOUIS PRICE SUCCESS IN SWEDEN

Congratulations to year 8 pupil **Louis Price** who impressed during his latest Table Tennis International tournament in Sweden. Louis, who is **ranked 2 in England** - Under 13's, beat William Beck of Denmark in his first match, then triumphed over Alve Sjovald of Sweden. Despite a 3-1 defeat to Gabrieli Camara of the Netherlands in his last group match, Louis qualified for the knockout stage. He beat Xavier Wats of Belgium in the last 32 but his run was ended by eventual runner up Vladislav Bannikob of Russia. We wish Louis luck as he competes in further tournaments over the coming months. Well done Louis.

## DATES FOR YOUR DIARY

**8th MARCH 2017**  
Year 12 and 13  
Parents' Evening  
4.30pm—7.30pm

**9th MARCH 2017**  
Year 8 and 9  
HPV Vaccinations

**16th MARCH 2017**  
Deadline for return of  
Year 8 Options Forms

Year 9  
Parents' Evening  
4.30pm—7.30pm

**19th MARCH 2017**  
Catenian Speaking  
Competition

## YOUNG ENTERPRISE TRADE FAIR

Congratulations to St Bede's Young Enterprise Team "Ignite" **who won overall "Best Team"** at the Spring Trade Fair held at The Mall Cribbs Causeway last weekend. The team, who sold their 'Heartfelt, Handmade, Henna' candles, also **won "Best Customer Service"**, meaning that they secured 2 of the 4 prizes available! This prize in particular is testament to the outstanding manners, charm and enthusiasm our pupils displayed on the day.

We wish them well in their next event at the Area Heats on the 23rd March at Bristol Cathedral.



## NATIONAL MATHS CHALLENGE

On Thursday 2nd February, 30 of our able Year 10 mathematicians sat the Intermediate Maths Challenge paper. The top 40% of the students entered nationally receive either a Bronze, Silver or Gold certificate.

We would like to congratulate:

### GOLD AWARD

Ciara Stables, Michael Gowie and Harriet Dunne

### SILVER AWARD

Mateusz Smagacz, Charlie Johnson, Sneha Thomas and Ethan Woolley

### BRONZE AWARD

Oliwia Makulec, Finley Norton, Renji Babu, Matthew Fraser, Bethany Bacasnot, Isabel Payne, Hal Hewlett, Ewan Gordon, Hannah Hart, Benedict Lux, Nicolo Licata, Joel Varghese and Noel Shaji.

Congratulations to **Ciara Stables** who was the "Best in school"

Nationally the top 5500 students are invited through to the European Kangaroo, taken alongside students from over 30 countries. **Ciara** is through to the Pink Kangaroo round for Year 10 and 11 students. We wish her well as she competes later this month.

## STAGES—INTER SCHOOLS DANCE SHOW

On Saturday 25th February our college Dance Club and Dance Company performed at Stages, Bristol's inter-schools dance show at the Colston Hall. Dance Club performed a jazz style dance to the song Sax by Fleur East, choreographed by former student **Lucy Parsons** who is currently on her gap year. Dance Company performed a lyrical style dance to the song Pompeii by Bastille, which was choreographed by **Reanna Grogan-Hellin** a current year 12 student. Both dances were extremely well received by the audience and the students had a great time performing them. We are waiting to find out whether either of the dances made it through to the Gala Show. This would mean that the students get the chance to perform again at the Colston Hall in early April.



## RUGBY NEWS

The rugby season, post-Christmas is up and running and moving apace already. Our year 7s were the first group out representing St Bede's at the Bristol Schools 7-a-side competition. Luckily it was considerably drier than last year and the boys gave a terrific account of themselves. Winning two of their group games and losing two. They were competitive in all fixtures and really looked at home with the more established rugby schools in the region. All the boys played fantastically well but special mention must go to **Eugene Taderera** who was outstanding in attack and defence and proved a real threat to the other attending schools.

The year 7 boys enjoyed another first as they were able to debut another brand new set of shirts for the College. We are extremely grateful to **Jessica Power-Stone's** father; James and his company FD4Cast for sponsoring the kit. It's fair to say that the boys were quite impressed with themselves in their new attire.

This week will see the girls take their first strides into competitive action. Attendance to after-school rugby club and their application in lessons has been so good that we're in the fantastic situation of needing a trial game before we head off to the festival later this week. The year 7 girls will also be attending and if their tenacity in lessons is anything to go by, they will be going all out for the win. There will be more Rugby 7s throughout this half of the academic year so we will keep you updated on the schools progress as we go.



## HIGH PERFORMANCE SPORTS

The new Fitness Suite at St Bede's has brought with it new opportunities, one of which is the opportunity to start a High Performance Group amongst our students. The High Performance Group includes both boys and girls across year groups 8-13 and across a range of sports.

We are very grateful to be able to support some of our outstanding sportspeople in their quest to achieve sporting excellence. We are doing this by providing extra strength and conditioning advice and opportunity three times a week. The pupils have to do their bit and show up at 7.45am two mornings a week. This in itself is a lesson in the sacrifices they will have to make if they want to achieve their potential.

We are wonderfully supported by **Bristol Rugby** who, as part of our ongoing partnership, have provided us with one of their Strength and Conditioning interns to co-ordinate the project. Luke Wilkinson of Bristol Rugby holds a BSc in Sports Strength and Conditioning as well as being a fully accredited Strength and Conditioning Coach. His insight is a great resource for our young people to tap into.



Although we are in the early stages of the project, the athletes involved are already showing great improvement. We look forward to seeing how this can impact their sports and sport within College.

## VACANCIES

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

**Geography Teacher**

**September 2017**

**English and Drama Teacher**

**September 2017**

**Music Teacher**

**September 2017**

**Art and Design Teacher**

**September 2017**

The closing date for applications is **noon on Monday, 13th March 2017.**

Further details are available on our website [www.stbedescc.org](http://www.stbedescc.org)

## PRIMARY SCHOOLS FOOTBALL LEAGUES

For the sixth year in succession, the Community Sports team have hosted the **Primary School Football Leagues** as part of the **National School Games** competition structure. Nineteen primary schools and over 200 year 5 and 6 children have competed in two divisions, over four rounds of fixtures since September. The championship came to exciting climax on Monday 27th February with **Little Mead Primary Academy** finishing as champions, narrowly edging out **Brentry Primary** to the title. The Premier Leagues final round of fixtures will take place on Monday 6th March. The schools taking part in the football leagues are:

**Championship:** Little Mead, Brentry, Stoke Park, NOVA, Henbury Court, Oasis Bank Leaze, Oasis Long Cross, St Teresas and Our Lady of the Rosary.

**Premier League:** Henleaze, Stoke Bishop, Elmlea, Shirehampton, Bishop Road, Westbury-on-Trym, Colstons, St Bonaventures, Westbury Park and Horfield.



## TRIP TO LONDON

This term, thirty eight Year 9 and 10 Food students enjoyed a trip to London to visit Borough Market and Harrods Food Hall to look at the contrasting foods available from High end retail and local wholesale markets. It was a great day and students were amazed at the differences.

Those who participated in the trip described the day as an 'amazing experience,' one said 'A day of Art and Food mixed together - I loved it!'



## FLYING START COMPETITION REGIONAL FINALS

Three teams from St. Bede's went to the **Flying Start Competition Regional Finals** last Wednesday 22nd February. The Regional Finals took place at Aerospace Bristol, a new industrial heritage museum and learning centre being developed at Filton. Due to open in Summer 2017, the museum will tell the story of Bristol's world class aerospace industry – past, present and future.

Prior to the Regional Finals, the teams had to build a glider to a budget and create a poster about their design process and the physics of flight. Each team presented their glider and poster to a judging panel of professional engineers! The gliders then took part in a 'fly-off' where teams scored more points if their glider went straight and far, finishing with a quiz about flight and engineering. All the St. Bede's teams performed brilliantly and although we didn't get into the top 3 for the National Final 'Fly-off,' 2 teams gained a place at the National Finals to participate in other engineering competitions during that day.



Thank you to our Airbus mentor engineers and all the Flying Start sponsors for a great competition so far.

**Two St. Bede's teams now go through to the National Final which is held in March at the Fleet Air Arm Museum in Yeovilton, where students get to have a close up look at Concorde. Well done to Olivia, Marysia, Katie, Ella, Ana, Emily, James, Artur, Mateusz Tom, John and Abishek.**

## PANCAKE FLIPPING COMPETITION

On the 28th of February, year 9 food technology pupils celebrated Shrove Tuesday cooking pancakes with skill and flair. Traditionally, pancakes were eaten on this day, as this allowed families to deplete their stocks of milk, flour and eggs which were abstained from during the 40 days of lent.

Pupils took part in a pancake flipping competition, with 1st prize being awarded to **Ashley Tepatepa** for the most consecutive number of pancake flips, with the pancake still whole. **Christian Albon** came second and a special mention goes to **Sophie Lawton** for an excellent flipping technique.



## MEET THE PROFESSIONALS AND INFORMATION EVENING

The event held yesterday, proved to be a great success. Pupils attending the evening were given the opportunity to 'Meet the Professionals,' who are parents of ours, and gained a first-hand insight into the breadth of the employment market, its recruitment demands, and the opportunities on offer.

Pupils and parents were then provided with invaluable guidance when revising for GCSEs in English, Maths and Science. Our thanks to our parents; Mrs Fernandes, Mr Papworth (accompanied by Mr Rilett) Mr Wood, Ms Eddy, Dr Soodeen, Mrs Parkin, Ms Lipman, Mrs Moss and Mr Norris for their support with this event.

### Little Shop of Horrors Rehearsal Schedule – Term 4 \*All after school rehearsals are until 5:00pm\*

#### Revised Schedule

Scene/Song	Skill	Lunch Time	After School	Cast members needed
Act One, Scene One (pg. 25 -26)	Acting	Wednesday 8 <sup>th</sup> March		Seymour and Mushnik
Grow For Me	Singing/Choreography	Thursday 9 <sup>th</sup> March		Seymour
Run Act One so far	Acting/Singing/Choreography		Thursday 9 <sup>th</sup> March	Whole Cast
Ya Never Know	Singing	Monday 13 <sup>th</sup> March		Ronettes and Mushnik
Act One, Scene Two (pg. 28 – 29 and 30 - 31)	Acting	Wednesday 15 <sup>th</sup> March		Seymour, Mushnik, Interviewers and Ronettes
Ya Never Know	Choreography		Wednesday 15 <sup>th</sup> March	Ronettes and Seymour
Somewhere That's Green	Singing	Monday 19 <sup>th</sup> March		Ronettes and Audrey
Act One, Scene Two	Acting	Wednesday 22 <sup>nd</sup> March		Ronettes and Audrey
Somewhere That's Green	Choreography		Wednesday 22 <sup>nd</sup> March	Ronettes and Audrey
Act One, Scene Three (pg. 38 – 40 before Orin enters)	Acting	Monday 27 <sup>th</sup> March		Mushnik, Seymour and Audrey
Closed for Renovation	Singing/Choreography		Tuesday 28 <sup>th</sup> March	Mushnik, Seymour and Audrey
Page 40 - 45	Acting	Wednesday 29 <sup>th</sup> March		Ronettes, Dentist and Audrey
Dentist	Singing	Monday 3 <sup>rd</sup> April		Dentist and Ronettes
Dentist	Choreography	Wednesday 5 <sup>th</sup> April		Dentist and Ronettes
Run Act One so far	Choreography/Singing/Acting		Wednesday 6 <sup>th</sup> April	Whole Cast

## **SAFEGUARDING SPOTLIGHT**

### **'Sexting' - Advice and guidance for parents and carers**

**What is it?:** "Sexting" describes the sending of self-generated images which are inappropriate or indecent. A young person may choose to do this as a means of attracting attention from or impressing another person, or they may be pressurised or tricked into it.



**What are the consequences?:** The consequences can be very serious if a 'sexting' image is found on a phone, sent to another user or posted on to social media. To be clear, it is a crime to take an indecent photo of a person under 18 years of age or to download or open such an image that has been sent via any device. Likewise, it is a criminal offence to distribute or show such an image or to possess an image of this kind. To clarify, a minor who sends an indecent image, including one of him or herself, is also breaking the law.

#### **To safeguard the children at St. Bede's Catholic College, we will continue to;**

- Discuss the dangers of 'sexting' with all pupils and to stress that caring and supportive relationships do not involve sending of indecent images.
- Ensure that our e-community is as safe as possible with inappropriate sites blocked
- Ensure that pupils know they can talk to any member of staff in school if they have any concerns about any issues connected with sexting

#### **As parents and carers, please continue to;**

- Talk to your child about the social media they use and ensure they have the highest privacy settings. A useful set of 'How-to' guides can be found here: <http://www.vodafone.com/content/parents/howto-guides.html>
- Make use of on-line advice and guidance (or in paper format on request from the college reception) e.g NSPCC 'Sexting' – Advice for Parents: <http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting>

### **REFLECTION—Women's World Day of Prayer – 3rd March**

The World Day of Prayer is an ecumenical movement and also a movement to promote the spirit of church unity. Through the World Day of Prayer, women are encouraged to become aware of the other countries and cultures and no longer live in isolation. They are encouraged to become aware of their talents and use them in the service of society.



**Women's World Day of Prayer**

Each year, worship focuses on a different country and a specific theme. In 2017, we focus on the Philippines with the theme 'Am I being unfair to you?' Whilst the Philippine Constitution provides for equal rights, in practice Filipino women are often discriminated against and treated as subordinates in the home, church and society.

**Prayer:** Father, will the hearts of mankind with your love and with the desire to ensure justice for all. By sharing the good things you give us, may we secure equality for all our brothers and sisters throughout the world. Amen