

St. Bede's Catholic College

Specialist Science and Sports College



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Newsletter

Issue 307 20th November 2020

MESSAGE FROM MR MAHER, PRINCIPAL



Dear Parents and Carers,

As you will be aware we have experienced a number of positive cases of Covid-19 in all year groups with the exception of Year 7 since returning to college after the half term break. This very much mirrors the experience of other schools across Bristol as well as Bristol as a whole.

We are trying to maintain as 'normal' a learning experience for students as possible but acknowledge the exceptional difficulties that families are experiencing juggling work and child care. This also presents challenges for teachers delivering lessons to students who are in attendance whilst at the same time delivering to students isolating at home.

All being well the year 11 mock examinations will begin next week and I want to reassure parents that no student will be disadvantaged as a result of Covid-19. We will not be using one data entry when organising centre assessed grades next year if examinations do not go ahead. We took a holistic view of the progress of students in the summer and this system was considered to be robust and stood up to scrutiny from outside agencies.

Year 8 and 13 parents' evenings will continue as planned albeit virtually and individual login details are currently being organised and sent out to parents with instructions on how to book appointments. Appointments are time limited and I would urge you to login in plenty of time.

Advent services are also being recorded and will be available for students at the end of term and for families to share in December.

I would like to thank parents for your continued support in what is proving to be a challenging time for us all.

With prayers and all good wishes,

J G Maher
Principal

WEAR YOUR MASK CORRECTLY TO HELP SLOW DOWN THE SPREAD OF COVID-19

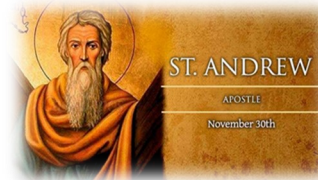


CORONAVIRUS LIVES ON SURFACES LIKE MASKS

IF YOU TOUCH THE MASK TO ALTER POSITION AND THEN TOUCH YOUR FACE YOU ARE PUTTING YOURSELF AT RISK

REFLECTION – 30th November – St Andrew

At the end of this month we celebrate the feast day of St Andrew



St Andrew is the patron saint of Scotland.



After the ascension of Jesus to heaven, Andrew went to Greece to preach the gospel. In the year 70 he became a martyr. He was put to death on a cross to which he was tied, not nailed. It was a cross in the form of an X, which is now called "St. Andrew's Cross" which is shown in the flag of Scotland. He lived for two days, suffering, yet

St. Andrew was the brother of Simon Peter. He was a fisherman and a follower of St. John the Baptist. When he heard the call of Jesus, he immediately left everything and followed Him. Among the 12, Andrew and Peter were especially close to Jesus.

Although he probably never visited Scotland, it is said that his relics were brought, and the place they visited was later called St Andrews.

Prayer:

Creator God, your Son Jesus, called Andrew the apostle to preach the good news.

May his prayers in your presence give us courage to follow you and to be an inspiration to us as we share your good news with others through the actions we take.

Amen

Our young people and many of the adults purposely arrived in Odd Socks recently as part of raising awareness for Anti Bullying week. The college does not reserve discussions around bullying for just one week. However, the Odd Socks day really helped to start conversations as part of the pastoral support programme. Further advice and guidance can be found here :<https://www.anti-bullyingalliance.org.uk/tools-information>



THIS WEEK AND EVERY WEEK



Dates for your Diary

Year 11 Mocks : 24/11

Advent Season : 1/12

Year 8 Parents Evening

On-Line : 3/12 4.30pm

Year 13 Parents Evening

On-Line: 10/12 4.30pm

Advent Service On-Line:

16/12

A reminder about Year 8 Parents Evening on Thursday 3rd December 4.30pm—7.30pm.

A letter has gone home with pupils which includes arrangements for the evening. Each letter contains a designated PIN to access the evening on-line. If you have not received the letter or have any queries regarding this evening, please email contact@stbcc.org with your query, using 'Parent Evening' in the subject line.

The following pupils have been selected to represent St Bede's Catholic College in the next round of the **National Schools' Dance competition** the 'Great Big Dance Off'. Congratulations to;



KS4: Grace Cousins and Ariane Wood

KS3: Gabriela Mazur, Viktoria Silva and Kamea Okpiyalele

Many thanks to everyone who entered. You have demonstrated huge amounts of energy and talent which has made our selections very difficult. Mrs Shaddick



Mr Johnson had the pleasure of interviewing Joe Joyce and George Kloska this week and asked them questions provided by both staff and pupils. As a College, we were really proud that these two ex pupils recently celebrated winning the European Challenge Cup with the Bristol Bears. If you would like to access the video interview please follow the link below;

<https://drive.google.com/file/d/15T4ev6ZY-MbapH4i1g8Uqp1MSt9HnDbA/view?usp=sharing>

Please follow
St. Bede's Catholic
College on Twitter



[stb_bristol](https://twitter.com/stb_bristol)



Joe Joyce



George Kloska

A Regular Fun-Filled Fundraising spectacular...



**BREAST
CANCER
NOW** The research
& care charity

At the end of Term 1, as a College we once again embraced a 'Wear it Pink' day in order to raise funds to support Breast Cancer Campaign UK. Staff and pupils went above and beyond to accessories school uniform and work outfits with pink. It was a fun day and an enjoyable way to end a different and challenging term for us all as we got our heads around the 'new normal'. Total money raised was **£673.71**, a huge credit to everyone involved. Well done and thank you all for taking part!

Ms Johnston





Top tips to cope with anxiety

Understand your anxiety

Try keeping a diary of what you are doing and how you feel at different times to help identify what's affecting you and what you need to take action on.

Make time for worries

If your worry feels overwhelming and takes over your day, setting specific "worry time" to go through your concerns each day can help you to focus on other things.

Face the things you want to avoid

It's easy to avoid situations, or rely on habits that make us feel safer, but these can keep anxiety going. By slowly building up time in worrying situations, anxious feelings will gradually reduce and you will see these situations are OK.

Extract from NHS—Every Mind Matters

Further Information is available here;

<https://www.nhs.uk/oneyou/every-mind-matters/>

Challenge your anxious thoughts

Tackling unhelpful thoughts is one of the best things we can do to feel less anxious.

Shift your focus

Some people find relaxation, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment.

Get to grips with the problem

When you're feeling stressed or anxious, it can help to use a problem-solving technique to identify some solutions. This can make the challenges you're facing feel more manageable.

Remember that Wellness Support is available in college from the 121 team ;

[The 121 page on our college website;](#)

[Navigate to KEY INFORMATION—](#)

[SAFEGUARDING—EMOTIONAL WELLBEING](#)



Please note the following important reminders to all students who are accessing learning from home.

ON-LINE learning

MICROPHONES & CAMERAS

Students should keep their camera and microphone off unless it is necessary to show their teacher a piece of work

- Using the microphone and camera will be optional and students will not be required to use these functions if they are not comfortable doing so
- If a student turns their microphone or camera off only they can turn it back on

SAFEGUARDING

- Other children in the household should not be seen or heard
- Other adults present should be made aware that they may be seen or heard
- When appearing on camera students must be dressed appropriately

STUDENTS PRESENTING

When presenting their screen students must;

- ensure that all content being shared is appropriate and relevant
- be especially mindful of displaying personal or private information
- close any unnecessary windows, applications and tabs

CHAT COMMENTS

Students should only ask questions using the chat window so that the lesson can progress smoothly and without repeated interruption. Please note;

- Chat comments are seen by all participants; private chat is not possible
- Chat should be limited to lesson related questions and responses in order to maintain its effectiveness throughout the lesson; unrelated chat between students must be avoided

BEHAVIOUR

The general principles of the college's behaviour policy will apply for online lessons

- For minor infringements the teacher will ask the student to rectify their behaviour, this may include asking the student to turn their camera off
- Repeated or serious infringements will result in the student being removed from the online lesson
- It will be at the teacher's discretion whether to share any recorded lessons. Where student behaviour is deemed to be inappropriate sessions will not be shared.

We're
taking
part in

ROAD SAFETY WEEK

16-22 November 2020

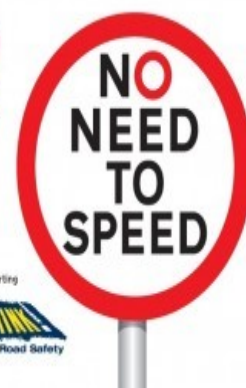
roadsafetyweek.org.uk

Coordinated by
 Brake
the road safety charity

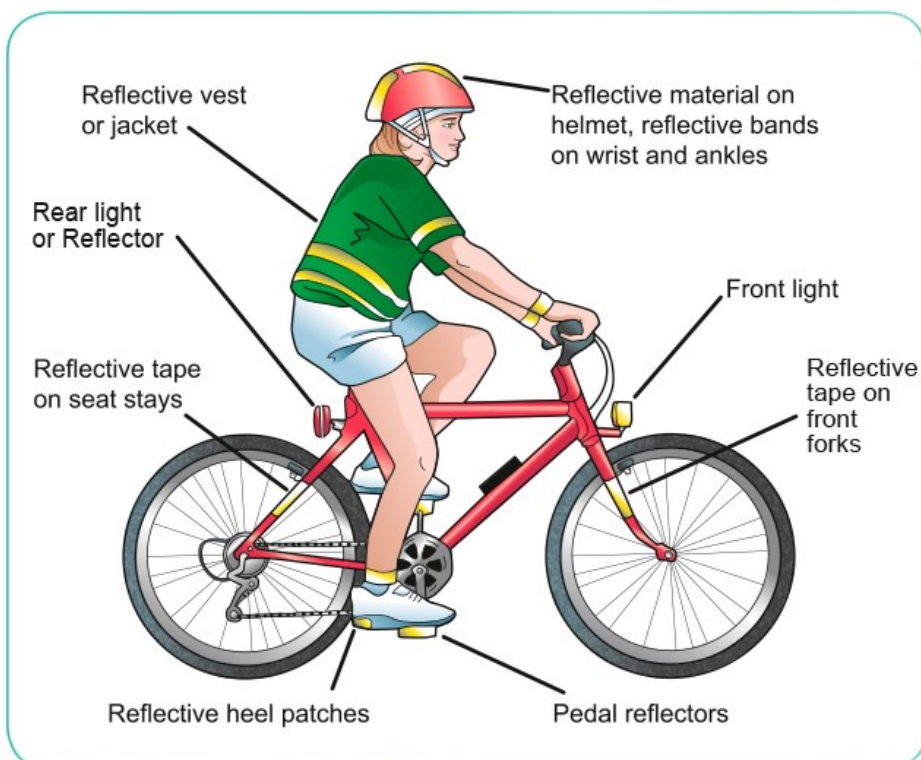
Sponsored by
 Specsavers

 DHL

Supporting
 Road Safety



We have also been reminding children about other key safety measures when travelling to and from college...



SAFEGUARDING SPOTLIGHT

IMPORTANT NOTE

**Always remember
to wear a helmet**

The only exemption to this rule is for buses that are designed for urban use, such as buses that have room for passengers to stand and are used for short journeys, in both time and distance and are undertaken at moderate speeds on urban routes.

This means that buses that travel on the motorway, dual carriageway or country roads, are legally required to have seat belts.

General Rule : if the vehicle you are travelling on is fitted with seat belts, you are legally required to wear it



COVID-19 FLOW CHART



Does my child or any member of my household have a temperature, a new continuous cough or loss of taste and smell?

No

Yes

Notify
school

All members of household
MUST stay at home. Member of
household showing symptoms
MUST get a COVID test and
MUST inform school of result.

Positive Result

Negative Result

If the Child has tested positive they must stay at home for at least 10 days and until temperature/cough has gone.

If another member of the household has tested positive then the child stays at home for 14 days

Child can go to
school

PLEASE NOTE:

If your child shows any symptoms they cannot return to school without receiving a negative test or a minimum of 10 days isolation

PLEASE NOTE:

If you are contacted by NHS Test & Trace and they have identified your child as a 'close contact' of somebody with symptoms they **MUST** stay at home and self isolate for 14 days even if they test negative during this time.