

MESSAGE FROM PRINCIPAL

Glory to God!

Glory has been our theme this week and I have spoken to the students about the need to "Let your light shine before men, that they may see your good works" (Matthew 5:16). They should make best use of the talents God has given them. We must work hard and be kind because they are the right things to do, not because we want recognition and glory. We also watched a video about footballers that give glory to God for the blessings in their life - another way we can recognise the impact of God in our lives.

I thank God that last week's Ofsted inspection recognised the talents and character of the students and the staff at St Bede's. Thank you for your prayers and best wishes through that period. As I said in my last letter, we expect the report to be published in about six weeks.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

REFLECTION: The Feast Day of St Hilary of Poitiers is celebrated on 13 January

Hilary of Poitiers was Bishop of Poitiers and a Doctor of the Church.

Hilary was born at Poitiers either at the end of the 3rd or beginning of the 4th century A.D.

Hilary wasn't born into a Christian family. He was a philosopher. Through his own reading and curiosity, he discovered the Bible and realized that Jesus wasn't just a "good teacher" or a "great man," but truly God-made-man. Because he refused to go along with the popular but false ideas of his time (Arianism), he was exiled and sent far away. But instead of giving up, Hilary used that time to study, write hymns, and grow even stronger in his faith. He became known as the "Hammer of the Arians"—not because he was violent, but because his arguments for the truth were so solid and unbreakable. Hilary died in Poitiers in 367.

Pope Pius IX formally recognized him a Doctor of the Church in 1851. St. Hilary's name actually comes from the Latin word for "happy" or "cheerful." It reminds us that there is a deep, lasting joy that comes from knowing the truth and standing by it, even when it's difficult.

Reflection:

"I am well aware, almighty God and father, that in my life, I owe you a most particular duty. It is to make my every thought and word speak of You." **St Hilary of Poitiers.**

Prayer:

Grant, we pray You, Almighty God, that the example of St Hilary and that of all Your Saints may lead us to a better life, so that by keeping their feast-days we may be brought to imitate their good deeds. St Hilary was a champion of the Truth; may we never tell lies to excuse ourselves, to hurt others, to gain or to make ourselves look more important. Through Christ Our Lord. Amen.

ST. HILARY
OF POITIERS



DATES FOR YOUR DIARY 2026

15th—18th January

Year 11
Kintbury trip

19th January

Dry ski
session

21st January

Poetry Live!
Year 11

22nd January

Year 11
Progress Evening

26th January

Dry ski session

2nd February

A Level Art trip to
St. Ives depart

Team Pilgrim

On Wednesday 7th January, Team Pilgrim participated in the Sportshall Bristol Finals. All three teams performed brilliantly and came through with flying colours, each finishing in 1st place.



This is a fantastic achievement and a real credit to the pupils' effort, teamwork, and determination throughout the competition. Congratulations!

Team Pilgrim Senior Basketball Off to a Flying Start

Team Pilgrim Senior Basketball kicked off the New Year in impressive style with a well-deserved victory over RGS in a highly competitive and fast-paced game. The team showed great determination, teamwork, and composure throughout, edging out strong opposition with disciplined defence and confident attacking play. A standout performance came from Kieran C, who was named Pilgrim of the Match for his impact, leadership, and consistency on the court. A fantastic start to the year and a result that reflects the squad's hard work and commitment.



YEAR 7 HEALTH-BASED PE: BEGINNING THE JOURNEY

Year 7 pupils have begun their Health-Based PE journey this term, focusing on building strong foundations for lifelong movement and physical wellbeing. Lessons are centred around the Six Pillars of Movement, helping pupils understand not just how to move, but why high-quality movement is essential for health, confidence, and injury prevention.

Throughout the unit, pupils are developing key movement skills including push, pull, brace, rotate, single-leg balance, and squat. These fundamental movements underpin almost all physical activity and sport, and pupils are learning how to perform them with control, stability, and good technique.

Lessons also place a strong emphasis on the Social Me, with pupils working in small groups and building relationships with new classmates. Through teamwork, pupils are learning how to communicate clearly, support one another, and work cooperatively in a positive and inclusive environment.

In addition, pupils are developing their Thinking Me by observing and coaching each other. They are encouraged to recognise what good-quality movement looks like, give constructive feedback, and help their peers improve the effectiveness and safety of their movements.

This Health-Based PE approach ensures Year 7 pupils are not only active, but are becoming confident, thoughtful, and socially responsible movers as they begin their PE journey at secondary school.



BEDROCK LEARNING - DECEMBER/JANUARY UPDATE

Last month saw Year 7 and 8 students at St Bede's continue to make excellent progress with their Bedrock Learning.

Well done to **7N/En** who were the top performing class and scored **2486 points**.

A huge congratulations to **Julia G** who scored 518 points - the most in the school!

8M/En made the most progress this month, with **27% improvement**. Great work!

And finally, a massive congratulations to **Austin S** who made the most progress with 838%. Here are some of the words students have been learning this term:

citadel sufficient
finite entity
feasible subsidy
generation embargo
susceptible

Please keep supporting your Year 7 and 8 children to earn 20 points each week on Bedrock Learning for their English homework.

Thank you!

Mrs De Hondt (KS3 English Lead) and Mrs Glyn-Jones (Literacy and Oracy Coordinator)



GCSE AND A LEVEL CERTIFICATES – READY FOR COLLECTION

We are pleased to inform you that GCSE and A Level certificates from Summer 2025 are now ready for collection.

Certificates may be collected in person between 10:00am and 2:00pm.

If you are unable to collect your certificates yourself, you may authorise another person to collect them on your behalf. Please note that permission must be granted in advance by completing the authorisation form available on our website.

St Bede's Certificates Collection Certificates Information

Certificates from

Summer 2023 and Summer 2024 will be available for collection until April 2026

As per the exams retention Policy, after 12 months from the date of issue, certificates not collected will be destroyed.

MY MISSIONARY JOURNEY

My name is Alfie Welch, and I was a student at St Bede's from 2018 to 2023. In February 2024, during a very difficult time in my life, I had a powerful encounter with God that completely changed my direction.

Although I grew up attending church and Catholic schools, my faith never truly felt personal. After this experience, I made the decision to take my faith seriously and commit to missionary work — sharing the message of Jesus and helping those in need.

On 12 January, I began this journey in Sydney, Australia. I plan to document my experiences and share videos along the way, hoping to inspire others who may be searching for faith and purpose, as I once was.

Thank you for taking the time to read my story, and for any support you are able to offer.

Alfie Welch

HELP YOUR CHILD GET COOKING!

To ensure our students get the most out of their practical food lessons, we have a small request for parents and carers.

Our lesson times fly by quickly! To make sure every student has enough time to finish their dish and tidy up, we ask that all ingredients are **weighed out at home** before the lesson.



Why pre-weigh?

More Cooking Time: Students can start the lesson immediately.

Less Stress: It helps students feel organised and confident.

Better Results: Pre-measuring prevents mistakes in a fast-paced classroom.

Health and Safety Essentials

In addition to their ingredients, please ensure your child remembers to bring an apron. Wearing an **apron** is essential for protecting their uniform from spills and maintaining high standards of food hygiene while they work.

No scales at home? No problem!

We want to make sure everyone is prepared. If you don't have access to weighing scales at home, students are more than welcome to use the department scales during breaktime on the day of (or the day before) their lesson.

Top Tip: Using small reusable containers or labelled freezer bags is a great way to keep pre-weighed ingredients organised and easy to carry!

Thank you for your continued support in helping our young chefs develop their skills.

NO NUTS

We have several students and staff who have severe nut allergies. Please ensure that your children are not bringing nuts or any food containing nuts into school, thank you.



SAFEGUARDING SPOTLIGHT

This time of year is a great time to re-consider our sense of purpose

Having clarity about our aims and ambitions can make it easier to get up in the morning. A purpose instils us with energy, gives us a sense of direction, encourages engagement with the world around us and creates a clearer sense of self. Having a purpose provides us with a focus and a sense of achievement as we work towards our target.

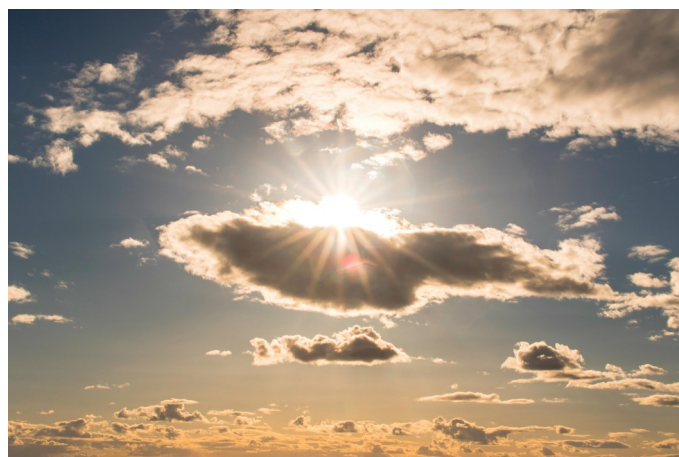
Studies have shown that when people feel like they are contributing to a higher purpose, they often have a healthier and happier outlook. They can also prove more resilient to stress.

Physical fitness is a great way to find a sense of purpose. Whatever the parameters of your physical abilities, having something to train towards creates purpose.

As well as improving our fitness, exercise has an added benefit. When we get our body moving, our brain's hypothalamus and pituitary gland produce neurochemicals called endorphins, which create a sense of euphoria and well-being and help to combat stress.

Physical activity also stimulates the release of dopamine, norepinephrine, and serotonin which all play an important role in regulating mood. Exercise actually helps us to feel happier.

Extract from www.bbc.co.uk
<https://bbc.in/38fVFjE>



EXTERNAL ADVERTISEMENT

St Bernard's Catholic Primary School are looking for a School Governor.

St. Bernard's Catholic Primary School, Shirehampton, is a warm, welcoming community where every child is nurtured to grow academically, spiritually, and socially.

We are seeking: Governors

We would be delighted to welcome a person who:

- Is passionate about Catholic education and ethos
- Wants children to flourish in faith and learning
- Is able to commit time and make a difference

Get in Touch

Please call the headteacher, Mr Jordan, on 0117 903 0352 to register interest.



WHAT IS A YOUNG CARER?

A young carer is a child under 18 who helps to look after someone in their family who has a disability, a long-term illness, a mental health condition or has difficulties with drugs and/or alcohol misuse.

It is recognised that caring responsibilities can have an impact on a child's education, wellbeing and attendance. At St Bede's we try to ensure all our Young Carers are identified in order to give them the support and understanding they may need.

An example of support in school includes:

A named member of staff as a key contact, wellbeing support, reasonable flexibility with home learning and priority booking with the library, and occasional outings.

Information on your local external Young Carer services can be found at these links - see the Young Carers Support website for Bristol and South Glos, and North Somerset

<https://www.carersbsg.org.uk/young-carers/overview>

<https://n-somerset.gov.uk/my-services/adult-social-care-support/support-carers/young-carers>

Please do contact us if you think your child is a Young Carer.

VACANCY

St. Bede's Catholic College is seeking a School Meals Supervisory Assistant to help supervise and support pupils during the lunchtime break. The role involves ensuring pupils' safety, wellbeing, and good conduct throughout this period.

Key Details

- Hours: 12:15pm – 1:30pm, Monday to Friday, term time only
- Pay: Actual annual salary of £3,583 (£12.85 per hour, increasing to £13.45 in April 2026, £3,749 annually)
- Perks: You are welcome to arrive a few minutes before the start time to receive a complimentary school meal or drink
- Probation: All posts are subject to a 6-month probationary period
- Checks: Appointment is subject to a Disclosure and Barring Service (DBS) check

If you have any questions or prefer to receive a hard copy of the application form, please contact Mrs Claire Walker, PA to the Principal at the college



LIBRARY NEWS

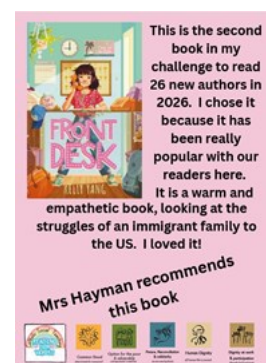
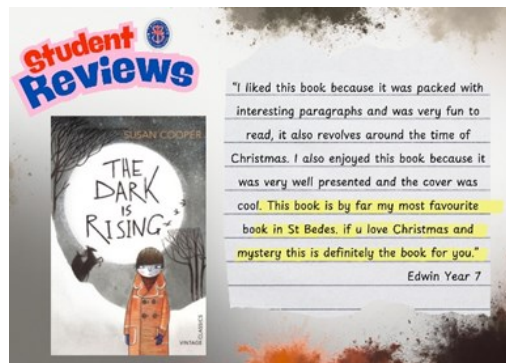
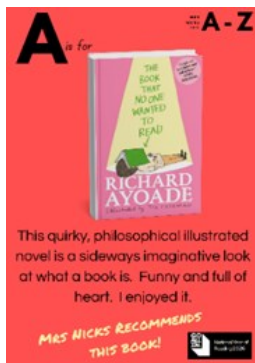
Welcome to the National Year of Reading

We are very excited by the National Year of Reading here in the Library and it has prompted us to ask the question: What does Reading For Pleasure look and feel like at St Bede's? It will look different to all of us. Drop in to the Library and add what it means to you to our wordcloud.

We are starting 2026 by sharing our New Year Reading Resolutions, and our recommendations of our favourite reads from 2025. There's still time to add a book or your resolutions to our display.

Mrs Hayman is aiming to read books by 26 new authors in 2026 and Mrs Nicks is going to read the alphabet of authors from A-Z (Mrs Hayman is not sure what she's going to do about X!)

Our list of recommended books for Years 8 and 9 is now available on the College website. Please remember that this is not exhaustive, and we are always happy to talk about recommendations for individual pupils.



Our recommendations to you. All books are available to borrow from the Library. Congratulations to Bell Burnell who borrowed the most library books in term 2, taking over from Seacole who had the lead in term 1. It's very close though – who knows what could happen in term 3!

Congratulations to **Harrison, Mason** and **Reuben** who won Get Caught Reading for term 2.

Reading lists for Year 8 and 9 are available on our college website: <https://www.stbedescc.org/page/?title=Library&pid=134&action=saved>

A HUGE THANK YOU!

A huge thank you to everyone who donated to the Christmas Foodbank Collection last term. Mr Loud, Mrs Carmichael and some of the year 7 tutor reps took a fantastic 305.2kg down to Avonmouth Foodbank on the last day of term, which made a huge difference to families in our local community.

We will aim to collect even more next year!

