

Newsletter

Issue 404 6th March 2026

MESSAGE FROM PRINCIPAL

The college's annual musical, *The Sound of Music*, has been another huge success this week. It is always so wonderful to see the fruits of the months of work, with wonderful singing, playing, dancing and acting throughout.

We were also delighted to celebrate the success of one of our dance teams, winning the region's secondary schools dance competition. The team will proceed to the national final later in the year.

I am also looking forward to seeing the performance of Veritas Ensemble - the youth theatre company here at St Bede's. They are taking part in a National Theatre programme that will see them performing at Bristol Old Vic later this month. The arts are a huge strength of St Bede's and the in-class and co-curricular opportunities are wide and varied. I am always so proud of their performances, but also how they grow as young people, developing teamwork, empathy and a solidarity with each other that lasts well beyond the activity itself. Thank you to all the staff that work so hard to make these things possible.

Heavenly Father, we thank You for the gifts of drama, dance, and music. Through story, movement, and song You allow us to share beauty, truth, and joy. Bless all who create and perform, that their talents may glorify You and bring hope and delight to others. May every voice, step, and stage be offered for Your greater glory. Through Christ our Lord. Amen.

REFLECTION—Ss Perpetua & Felicity

We celebrate the memorial of Ss Perpetua & Felicity on 7 March
The Bond of Perpetua and Felicity

The Story

In the year 203, two young women stood in a Roman arena: Perpetua, a wealthy noblewoman, and Felicity, an enslaved woman. In the eyes of the world, they were master and servant. In the eyes of God, they were sisters and best friends.

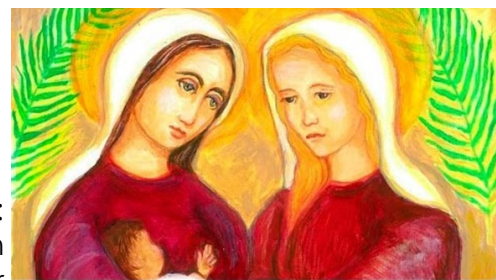
Facing execution for their faith, they refused to be intimidated. They didn't focus on the darkness of the prison or the danger of the arena; they focused on each other. Their last act was to reach out, take each other's hands, and help one another stand up.

The Reflection

True courage isn't about being the loudest or the strongest; it's about knowing who you are and who you stand with. Perpetua and Felicity remind us that: Faith levels the playing field. Status and popularity mean nothing compared to character. We are stronger together. We aren't meant to carry our burdens or face our "arenas" alone.

Prayer:

Lord, give us the courage of Perpetua to be true to ourselves, even when it's difficult. Give us the heart of Felicity to see the dignity in every person we meet. When we see a classmate struggling today, help us to be the hand that reaches out to help them stand. St. Perpetua and St. Felicity, pray for us.



DATES FOR YOUR DIARY 2026

9th March 2026

Year 11
and Year 13
School
Photographs

12th March 2026

Year 9
Progress Evening
(Virtual)

18th March 2026

Berlin Trip Parents
Meeting
6.00pm

19th March 2026

Year 11 Exam
Evening
6.00pm



SPORTSHALL ATHLETICS COUNTY CHAMPIONS

A huge congratulations to the Year 10 Boys who have been crowned **County Champions** after winning the Sportshall Athletics County Finals.

This is an incredible achievement, made even more impressive by the fact that they have remained undefeated for the past two years. Their commitment, teamwork and determination have been outstanding, even pulling in **Bertie S** last minute in the Bristol finals to run a 6 lap.

A special mention goes to **Monga T**, who was deservedly named **Pilgrim of the Team** for the boys.

You will see from the attached photo our victorious squad, unfortunately Henri was unable to compete due to injury, but he has played an important role in the team's success over the past two years.

We are also incredibly proud of our Year 9 Girls team, who finished a very respectable 4th place in the County Finals. The girls showed fantastic resilience and team spirit throughout the competition.

Congratulations to **Elsie C**, who was named **Pilgrim of the Team** for the girls.



ST BEDE'S WAY SPOTLIGHT

Work Hard, Be Kind and Do the Right Thing

The St. Bede's Way Spotlight identifies children who stand out as exemplifying one of our three St Bede's Way principles of "Work Hard. Be Kind. Do the Right Thing."

Congratulations to **André**, year 9 who competed in the Spring Avon Head rowing competition on Saturday 28th February.

Representing **City of Bristol Rowing Club**, André raced as part of a quad crew in a highly competitive event. Demonstrating great teamwork, determination and skill, the crew secured an impressive **first place** in the J14 category.

Congratulations to André and his teammates on this well-deserved success — we look forward to hearing about many more achievements in the future!

André your **hard work** exemplifies one of our St Bede's Way principles. We are proud of you.





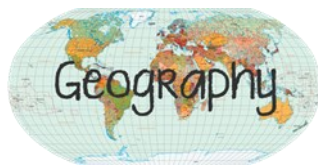
Languages



In Year 11 French at the moment, as part of The Environment and Where People Live topic of the GCSE, we've been learning about ways we can protect the planet. This links closely to the Catholic Social Teaching principle of Care for Creation, which reminds us that the Earth is a gift from God and that we all have a responsibility to look after it.

We have discussed issues such as pollution, waste and deforestation, as well as the importance of recycling and avoiding overconsumption in order to reduce their impact on the environment. We also considered veganism and how this lifestyle could positively affect the planet. In particular, we have learned about the coastal city of Essaouira in Morocco, where pollution and plastic waste affect both marine life and the local community.

Josephine W, Sofia B, Zoe S and Maria M - Year 11



Geography

Geography links into CST with 'Option with the poor and vulnerable' by teaching pupils about how the poorest of people are impacted by things like climate change and natural disasters. Pupils are asked to try and figure out ways to help them, building on problem-solving skills. Geography also links to the 'Care for Creation' by teaching us how we can look after our planet, to make wildlife flourish, as it is our calling as we are stewards of the Earth.

CST links with geography because we learn how to help others during earthquakes, volcanic eruptions and flooding. We also learn about the red cross, which links with the 'Common Good' as the red cross helps those in need. Geography also links to 'Care for Creation' as we learn about climate change and how to stop it.

Sophia S and Olivia S - Year 8

DANCE TEAM CROWNED SOUTH OF ENGLAND CHAMPIONS AND THROUGH TO NATIONAL FINALS

Congratulations to our talented team of Year 11, 12 and 13 students who represented St. Bede's at the **South of England Secondary Schools Dance Competition**, delivering an outstanding performance.

The group impressed the judges with their energy, precision and creativity, earning an incredible score of 387 out of a possible 400 and securing the title of **OVERALL WINNERS!**

As a result of their fantastic achievement, they will now progress to the UK National Finals in June, where they will compete alongside the region's runner-up school.

We are incredibly proud of their hard work, dedication and success, and wish them the very best for the next stage of the competition!



CAREERS INFORMATION

Future Pathways

Last week, our Year 9 students took part in an informative Provider Access talk delivered by a representative from Weston College. The session gave students the opportunity to learn more about the wide range of pathways available after year 11 and what college life can offer.

During the presentation, students were introduced to different courses, including vocational qualifications, T Levels, and apprenticeships. The speaker explained how college can provide hands-on learning experiences and help students develop the practical skills needed for a variety of careers.

The talk encouraged students to start thinking about their future pathways and consider how their interests and strengths might shape their next steps after GCSEs.

The session was a valuable opportunity for Year 9 students to begin exploring their options early and to understand the many different routes into further education and employment.

Meet the Professionals

Last week year 11 students took part in an exciting "Meet the Professionals" speed networking event designed to help them explore a variety of careers and develop their communication skills. The event brought together a range of professionals from different industries who generously gave their time to share insights into their career journeys. This fast-paced format allowed students to ask questions, learn about different job roles, and hear first-hand about the skills and qualifications needed in a variety of fields including business, healthcare, engineering, law, and the creative industries.

Events like "Meet the Professionals" are an important part of our careers programme, helping students feel more informed, motivated, and prepared for the next steps in their education and future careers.

THE SOUND OF MUSIC

This week, **over 80 students** took part in the college production of **The Sound of Music: Youth Edition**. We would like to say a massive thank you to the cast, band and crew members for their commitment and dedication over the past 6 months. Their hard work and talent culminated in three superb performances. We are incredibly proud of each of the students involved and it is clear that the cast, crew and band thoroughly enjoyed the experience too. Thank you to all families for your support and to all audience members who came to watch the production. Watch this space for details of upcoming concerts and performances!



ST BEDE'S STUDENTS SHINE AT CATENIANS PUBLIC SPEAKING COMPETITION

Congratulations to **Maria G-V** Year 11 and **Anisha M** Year 12 who represented St Bede's at the annual **Catenians Public Speaking Competition**.

Competing against a strong field of ten students from Catholic schools across the diocese, both students delivered thoughtful and engaging speeches. Maria explored the timely and thought-provoking question, "Is it too late to save the planet?" while Anisha captivated the audience with her reflections on "Is failure sometimes actually a blessing in disguise?"

Each student performed admirably, demonstrating confidence, eloquence and careful preparation. Their participation in such a competitive event is a testament to their hard work and commitment.

The competition, held at Newman Hall, provided an enjoyable and inspiring afternoon for all involved. On the basis of the high standard of speaking on display, the future of public speaking within our schools certainly remains bright.



FIRST LEGO LEAGUE

We are incredibly proud to celebrate the brilliant success of our Year 7 First Lego League team! This prestigious competition isn't just about coding; it's about innovation, teamwork, and solving real-world problems. This year's theme was Archaeology, requiring students to bridge the gap between ancient history and modern technology.

Our team rose to the challenge by:

Engineering Excellence: Designing, building, and programming a bespoke LEGO robot to navigate complex "missions" on the competition floor.

The Innovation Project: Investigating the ingenious ways the Romans heated their homes. Using their findings, the team designed a model to demonstrate Roman underfloor heating systems (hypocausts).

Local Inspiration: Lawrence Weston Roman Villa

The team's project was sparked by a fascinating visit to our local Lawrence Weston Roman Villa. Built approximately 1,700 years ago, the site provided a window into the past. We were all stunned by the incredible quality of the preserved mosaic flooring—a hidden gem right on our doorstep! We highly encourage all our families to visit this remarkable local site and experience the history for themselves.

On the day of the competition, our students were nothing short of brilliant. Their robot performed under pressure, their presentation was professional, and their teamwork was exemplary. Out of a highly competitive field, our team achieved the 4th highest score of the entire day! This is a monumental achievement for a Year 7 team competing against students who are often much older.

A Huge Well Done To: **Jakub, Lorenzo, Aiden, Edward, Leo, Kevin, and Parsa.** You have represented the school with pride, creativity, and grit. We can't wait to see what you build next!

HE+ PROJECT COMPETITION 2025

St Bede's Arete Sixth Form is delighted to celebrate the success of two talented Year 13 students, **Gabriel S** and **Liana S**, who were selected as finalists in the prestigious Cambridge National HE+ Project Competition 2025.

HE+ students from across the UK were invited to complete independent research projects. Entrants were required to develop their own research question, synthesise information from academic sources, and produce a fully referenced academic poster and abstract, which were submitted for assessment within the HE+ student community.

Last year, more than 280 posters were submitted from 89 schools across the Cambridge HE+ consortia nationwide.

As finalists, **Gabriel** and **Liana** were invited to attend a celebratory event at the University of Cambridge. During the event, they showcased their academic posters and presented their research in a conference-style setting alongside other finalists.

We offer our sincere congratulations to both students for representing our school so positively and for producing outstanding HE+ research projects. Their dedication, academic curiosity, and commitment to excellence are truly commendable.



YEAR 11 ENGINEERS SOAR AT AIRBUS TRIP

A select group of Year 11 engineers recently had an inspiring day at the Airbus complex, taking part in a range of activities designed to give them a real-world insight into engineering.

Highlights of the visit included:

Team Challenge: Students were tasked with a practical team challenge to design and calculate the cost of an interior for a passenger plane, this was then presented to a panel of judges

Flight Simulation: They had the chance to try out gliding simulators.

Complex Tour: A tour around parts of the Airbus complex, including the area where the landing gear undergoes rigorous testing, offering a fascinating look at this critical engineering process.

Airbus staff sent back a wonderful review of our students, praising their conduct: "They were incredibly well behaved, and a joy to see them tackling all of the activities with such enthusiasm."

One student shared their feedback, calling the trip "an interesting opportunity to experience Engineering in real world scenarios." They added that the Landing Gear Testing was the "Best area that we visited" as they got to see the moving landing gear and testing control.

The judges and staff were so impressed with the enthusiasm and performance of our students throughout the day that six of them have been invited back for a special Gliding Day Experience at Cotswolds Gliding Club! This is a fantastic opportunity and a testament to their hard work and engagement during the Airbus visit.



Team Pilgrim

Year 9 Girls Netball

The year 9 girls travelled to Taunton to take part in the U15 **South West Netball State School Tournament 2026**. Despite very windy conditions, they played some fantastic netball against tough opponents. They did not progress into the semi finals, however their attitude, effort and teamwork could not be faulted. They represented the values of our school and it was a pleasure to take them. They should be very proud of themselves!



Pilgrim of the tournament: Funmi O-A

Year 7 and 8 Girls Netball

The year 7 and 8 girls travelled to Malmesbury to take part in the U13 **South West Netball State School Tournament 2026**. The sun made an unusual appearance which was lovely and set us off on the right tone. They played some fantastic netball against some tough opponents. After playing 4 games, we were close but unfortunately did not progress into the semi finals. However, their attitude, effort and teamwork could not be faulted. Having athletes across two year groups playing together is not always easy, but they represented the values of our school impeccably and they should be very proud of themselves!

Pilgrim of the tournament: Isla D

Year 9 Rugby Sevens – Bristol Schools Tournament

The Year 9 rugby team showed fantastic team spirit and determination at the **Bristol Schools Sevens tournament** at Collegiate School, where they faced strong opposition from Clifton College, Marlwood and Blaise.

The opening match ended in a 30–14 loss to Clifton College, but the boys never gave up, with **Tom S** scoring two outstanding tries. The Pilgrims responded well in the second game, producing a strong performance to beat Marlwood 20–7, with excellent tackling in defence and exciting attacking rugby.



In the final game, the team battled hard but lost 25–14 to Blaise, continuing to show great resilience and a never-give-up attitude until the final whistle.

Pilgrim of the tournament: Francesco

Year 8 Football

The Year 8 team welcomed Bristol Free School and produced another excellent display of teamwork and resilience.

Despite dominating possession for much of the game, the visitors struck first with a quick counter-attack. The Pilgrims responded well and soon equalised through **Nelson** after some excellent build-up play. **Nelson** then added two more goals before half-time with some outstanding finishing to give the Pilgrims a strong lead.

Lucas, Shay and **Fran** were solid in defence, producing excellent performances to keep the opposition at bay. Bristol Free School managed to pull a goal back in the second half to make it 3–2, but the Pilgrims stayed calm and were soon rewarded when **Nelson** completed his fourth goal of the match to secure a 4–2 victory.

Pilgrim of the Match: Nelson

Team Pilgrim continues...

Year 11 Football

The Year 11 football team hosted Redland Green this week in what proved to be a tough and competitive fixture. The Pilgrims started brightly, controlling the tempo of the game and taking an early lead through a brilliant strike from **Jahdanti**. The team continued to create chances, with **Alex** going close from a free-kick, but were unable to extend their advantage.

Early in the second half, Redland Green scored on the counter-attack against the run of play, shifting the momentum in the visitors' favour. Strong defensive performances from **Farai**, **Pat** and **Mateusz** kept the Pilgrims in the game.

Late on, **Jahdanti** produced another moment of quality, showing great skill and power to score a fantastic strike and secure a hard-fought victory.

Pilgrim of the Match: Farai



Penalty Heartbreak for Year 10 Boys in Epic Quarter-Final Clash

After a remarkably convincing and dominant run through the group stages, the Year 10 Team Pilgrim boys headed into their quarter-final match against Bristol Free full of well-deserved confidence. What followed was one of the most thrilling, dramatic, and ultimately heart breaking games of the season. Team Pilgrim started incredibly strong, dictating the pace and proving themselves the better side throughout the first half. Their relentless effort was rewarded when **Alfie M** found the back of the net with a fantastic finish, impressively struck with his weaker foot! This phenomenal goal sent Team Pilgrim into the halftime break with a thoroughly deserved 1-0 lead.

The second half proved to be a much tighter, hard-fought affair. Team Pilgrim showed immense resilience and defensive grit, holding their nerve and their lead right up until the dying moments of the match. However, in a cruel twist of fate, Bristol Free managed to snatch an equalizer with the very last kick of the game, sending the tie straight to a penalty shootout.

An Unbelievable Shootout

Round One: Every single one of the 11 players on the pitch stepped up and scored their initial penalty kicks.

Round Two: With the rotation starting over, the tension was palpable. The boys held their nerves to sink the first three, but unfortunately, Team Pilgrim narrowly missed their next attempt.

The match concluded with a staggering final penalty score of 15-14 in favor of Bristol Free.

Despite the heartbreaking end to their cup run, the boys should be incredibly proud of their performance, heart, and sportsmanship. A massive congratulations goes to **Fabio S-R**, who was deservedly named **Pilgrim of the Match** for his outstanding contributions on the pitch.

Year 11 Rugby 7s – Bristol Grammar School Tournament

The Year 11 boys travelled to Bristol Grammar School for their final Rugby 7s tournament of the season. Drawn in a challenging group, they faced two very strong opponents in Clifton College and Bristol Free School.

In the opening match against Clifton College, the opposition made a fast start, scoring two quick tries to take an early lead. However, this did not affect the determination of the Pilgrims, who responded early in the second half with a well-worked try. Despite their efforts in what was a closely contested game, Clifton proved too strong towards the end, scoring a flurry of late tries to secure a 32-7 victory.

The second match against Bristol Free School was a highly competitive and physical contest. Both teams managed to score tries in each half, with the Pilgrims showing great resilience and teamwork throughout. There were excellent performances from **Tiago**, **Augustine**, **Sol** and **Victor**, who all made significant contributions. Unfortunately, the Pilgrims fell just short in the final play of the game, narrowly losing 27-22.

Pilgrim of the Day was awarded to **Tiago** for his fantastic leadership both on and off the pitch.



PARENT SURVEY

As you know we ask for your views on our work in a number of key areas, annually. The feedback we receive is then used in future planning. We have made many changes in our practice as a result of consultation with you over the years. I hope you will find the anonymous survey clear and easy to use.

I would be grateful if you could complete and submit your responses by Friday 20th March 2026. The link to the survey is:

<https://forms.gle/D8z5S9vMKz7hthES7>

We have always welcomed your views on our work and I am grateful to you for all your kind and generous support.

Yours faithfully,

Mr R King
Principal

SAFEGUARDING SPOTLIGHT

Exercise actually helps us to feel happier

The Government Live Well guidelines recommend that for 5-18 years, children should be averaging at least 60 minutes of moderate intensity physical activity across the week. For 19-64 years, Adults should be doing at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous activity per week. You can read more here: <https://www.nhs.uk/live-well/exercise/>



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.

At St. Bede's we offer numerous sport and fitness extra-curricular activities for our students. Please speak to a member of the PE faculty for further information.

LITTERING IN LAWRENCE WESTON

If you allow your child to access the local shops before or after school, please speak to them about respecting Lawrence Weston and ensuring any litter is put in the bins provided.

Ahead of Neurodiversity Celebration Week on 16th- 20th March, please visit this link for further information:

<https://www.neurodiversityweek.com/events-2026>



TASSOMAI REVISION WEBINAR FOR PARENTS — 12TH MARCH 2026 5:00 PM

Join Tassomai's founder Murray for a Parent Club webinar all about how to give your child the best chance of success in their GCSE revision!

There will be two areas of focus: First, Murray will show you how your child can use the Tassomai Tree to make superb revision notes through the Easter holidays and study leave periods; second, we will look at the extra Boost features available to Parent Club members: Leapfrog and Mai Unlimited and explain how you can use these can make a massive difference to final results.

[webinar/register/WN_WoA8AFyxRXWk5XoX8HUofA#/registration](https://www.tassomai.com/webinar/register/WN_WoA8AFyxRXWk5XoX8HUofA#/registration)



INVESTIN

CAREERS UNLOCKED FREE WORKSHOP SERIES



Ever wondered what it takes to break into some of the world's most competitive careers?

Join us for our new Careers Unlocked series, featuring seven online workshop-style sessions led by experienced industry professionals.

Tuesday
10th March

How to Become a Doctor
How to Become a Lawyer

Wednesday
11th March

How to Become an Engineer
How to Become an Entrepreneur

Thursday
12th March

How to Become a Psychologist
How to Become an Investment Banker

Tuesday
17th March

Parent Webinar:
A Parent's Guide to Life After School



REGISTER
NOW



You can also earn a certificate of attendance to use for future applications!

Mental Health Support Team

Mental Health Support Teams (MHSTs) were established to support schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community including school staff and parents/carers.

The MHST are now delivering online sessions which are free to sign up to. Please scan the QR code below to register for our next webinar.

NEW

Online Parent/Carer Sessions An Introduction to Anxiety

NEW

To sign up, please
complete a registration
form here:



[MHST Online Session](#)



What is it? This session covers:

- What anxiety is, when it is useful, when it becomes unhelpful, and what keeps anxiety going.
- Our body's response to anxiety focusing on our thoughts, feelings, physical sensations and behaviours.
- Providing strategies for managing and overcoming anxiety

Who is it for? Helpful for parents and carers whose children may be struggling with mild anxiety.

When are they? Sessions will be run at 12pm-1pm every Wednesday, Thursday and Friday.

New topics and dates will be released regularly.

The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with selected education settings across Bristol, North Somerset and South Glos. To find out where we work, check out our webpage:

www.otrbristol.org.uk/what-we-do/mhst/

