

St. Bede's Catholic College

Specialist Science and Sports College

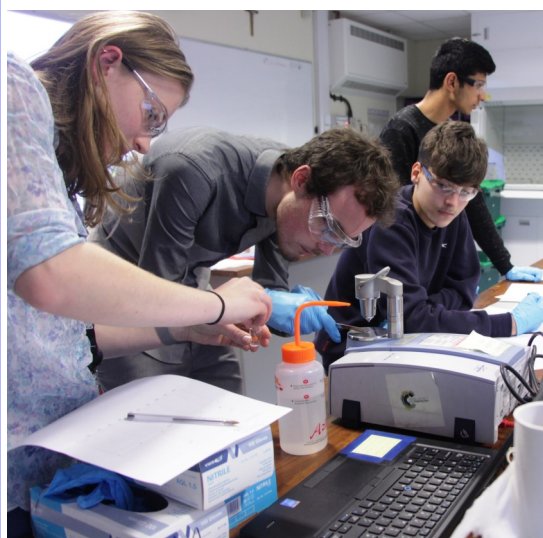
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ARETÉ CHEMISTRY STUDENTS LEARN ABOUT SPECTROSCOPY THROUGH HANDS-ON EXPERIENCE

On Wednesday 6th December, Year 13 A Level Chemistry students took part in an enrichment programme entitled 'Spectroscopy in a Suitcase' delivered by two PhD students from the University of Bristol and funded by the Royal Society of Chemistry.



The students were given an introductory lecture about life as a PhD student, followed by the techniques and theory behind analytical chemistry: a branch of chemistry involved in working out the chemical shape and structure of molecules. Students ran tests using cutting-edge apparatus including a UV/vis spectrometer and a £20,000+ infrared spectrometer to work out the chemical structure of a range of unknown compounds, including the synthetic flavouring for marzipan. This opportunity allowed the students to put into practice the theory they had learned in their A Level Chemistry course in the context of solving real chemical problems. A wonderful experience for our future chemists.

REFLECTION—8th December

Solemnity of the Immaculate Conception of the Blessed Virgin Mary

The Feast of the Immaculate Conception is a holy day of obligation for Catholics since Pope Pius IX proclaimed it as an essential belief of the church, although it has been celebrated since the 8th Century.

The Immaculate Conception is the conception of the Blessed Virgin Mary, who was born free of original sin, not the birth of her son, Jesus Christ. Original sin was not removed from her soul, like it is removed from others through baptism as it was never there in the first place. The grace of Mary allowed her to conceive the son of God, Jesus Christ, as foretold by the prophets.



Reflection: 'Of all women, you are the most blessed, and blessed is the fruit of your womb.'

Prayer: Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death. Amen.

DATES FOR YOUR DIARY

8th December
INSET DAY

College closed
to Pupils

11th December
Week of English,
Maths and Science
Examinations for
Year 10

13th December
Year 9
Vaccinations

14th December
Christmas Lunch

15th December
Year 11 Mock
Examinations end

19th December
6.30pm
Advent Service

20th December
END OF TERM 2
Pupils finish at
2.00pm



FOLLOW US
ON TWITTER!

Our twitter account is updated daily so that we can celebrate the skills, talents and successes of our students at St. Bede's.

Please follow us:

@STB_Bristol

OXFORD TRIP

On Tuesday 28th November, a small group of Year 10 and 11 students attended a trip to Oxford University. Students visited Lincoln College, learning about the admissions process and the collegiate system at Oxford.

In addition to the trip, outreach officers from both Oxford and Cambridge will visit St. Bede's later in the academic year to talk to any student who is interested in attending these universities.

Further details will follow once a date is confirmed.



MURDER MYSTERY IN THE LIBRARY

Over the last three weeks pupils have been playing detective in order to solve a 'murder' which occurred in the library. Each week, a series of clues were released to help solve the mystery.

It was discovered that the victim was Mr O'Gallagher, the murder weapon was a saucepan and that the crime was committed by Mrs Shaddick. (Please rest assured that this is not based on a true story!)

Over 180 children took part, using library resources to solve the clues. Well done to all who participated and congratulations to our winning detectives: **Nathaniel Fernandes, Jack Daniels** and **Hattie Lane**.



SPORTS NEWS

RUGBY

The Year 9 rugby team took the field this week in a Wesport Festival held at Broad Plain RFC. The boys were placed in a tough pool that featured teams from Henbury, St Mary Redcliffe and St Bernadette's.

After an excellent first game which saw them beat St Bernadette's 3 tries to 1, St Bede's faced a raw but talented St Mary Redcliffe side. Despite playing some fantastic rugby and defending with huge heart, the boys were unable to get the better of their opponents and were, this time, on the wrong end of a 3 to 1 scoreline.

The last pool match was against our neighbours, Henbury. It was an entertaining game and another win for St Bede's.

That set up a 3rd/4th place play off match against Oasis Academy Brightstowe. St Bede's were showing no signs of slowing at this point and put together some wonderful passages of play to cruise to victory.

Special mention must go to **Isaac Dean** who, after playing so well in the first match, was to miss the rest of the festival through concussion and **Teddy Thompson** who hurt his knee and reluctantly left the field.

It must also be mentioned that the Year 9 boys were a real credit to the College. Not just in the manner of their performances on the field, but also their conduct and sportsmanship throughout. Well done.

BASKETBALL

The Junior basketball team hit form at the right time, coming up against a very good and big Cotham team, they cruised to victory. St Bede's dominated from start to finish, with every player being able to outwit their opponent. Congratulations to all players.

The next junior game is away to Fairfield on Wednesday 13th December. Pick up 5.30pm from St Bede's.



SPORTS HALL ATHLETICS



St Bede's hosted another successful Sports Hall Athletics competition last week, in which 11 primary schools and 208 children participated. Congratulations to **St Bonaventure's** who qualified to represent North Bristol in the County Finals. A huge thank you also to our Year 10 Leadership Academy, who were excellent on both days.

Congratulations to the **Year 7 Sports Hall Athletics teams** who competed in the Bristol finals on Tuesday. The boys came out **Bristol Champions** and the girls runners up. Both teams will now go through to the county finals in the new year. Well done.

INTER COUNTIES CROSS COUNTRY FINALS

Inter counties cross country finals took part at Ashton Park School on Saturday 25th November. Sixty-six runners represented North Bristol in four different age groups. We had 6 medallists and 16 top 10 finishes. North Bristol came 1st in the Year 6 Girls, Year 5 Girls and Year 5 Boys overall team results and 3rd in the Year 6 Boys overall team results.

MOVEMBER

Thank you to staff and pupils who have, yet again, put away their shavers for the month of November; in the name of charity. Movember continues to raise funds and awareness in order to improve men's health.

If you would like to donate please visit <https://uk.movember.com/>



CHRISTMAS DINNER

Thursday, 14th December



Tickets for Christmas Dinner are selling fast and the last day to purchase, will be on **Tuesday 12th December** from the Snack Bar at BREAKTIME only.

The cost of the dinner will be £2.40.

All pupils who would like a Christmas Dinner must buy a ticket in advance.

FOOD LESSONS

Any students wishing to wear their own appropriate aprons for food practical lessons may do so.

END OF TERM 2

Please note that Term 2 will finish on **Wednesday 20th December at 2.00pm**. College coaches have been contacted and will arrive at college early.

Measles

Public Health England has issued advice to ensure the public have the MMR vaccine after confirmed cases of Measles in England have been reported in children and adults who have not received 2 doses of the MMR vaccine.

Unvaccinated people travelling to Romania and Italy where there are currently large outbreaks of measles, are particularly at risk.

Measles can spread very easily and before the rash comes out, the initial symptoms may include:

- Cold-like symptoms, such as a runny nose, sneezing and cough
- Sore, red eyes that may be sensitive to light
- High temperature (fever) which may reach around 40C
- Koplik spots (small red spots with bluish-white centres) inside the mouth
- A general feeling of being unwell

Public Health has stated that some people may have previously been reluctant to have their children immunised with MMR. However, in light of this current situation and the increased risk to unvaccinated children they urge them to reconsider this.

For further information please visit <http://www.nhs.uk/conditions/measles/Pages/Introduction.aspx>

POETRY LIVE 2018!

This exciting educational trip is running on Friday 26th January to the Assembly Rooms in Bath, where students will experience a day of poetry readings and expert tips on how to do well when analysing poetry in their English exams. We need to know numbers by Tuesday 12th December, so if you could please complete the letter that was sent home with your child, or write a note to say that you give them permission to attend and include the £15 payment that would be great. There is financial support available so do ask your child to speak with their English teacher if this is the case. More information is available on the Poetry Live website. Thank you! The English Department.

WIZARD OF OZ AT THE BRISTOL OLD VIC

On Tuesday, 5th December the St Bede's cast of The Wizard of Oz had the fantastic opportunity of seeing the Bristol Old Vic Theatre school perform their production of the show at the Redgrave Theatre in Clifton.

It was a brilliant performance which really inspired our cast and was greatly enjoyed by all.

We can't wait to perform our own version of the musical in June!



SEVERE WEATHER

In the event of bad weather, it is the expectation that the college will remain open if at all possible. In the event of severe weather, Mr Maher will make a decision on whether to close the college. If all public transport for all 3 authorities is not running then a decision to close is highly likely.

In the event of such closure, information will be posted on the College website www.stbedescc.org, the college telephone answer machine and the following radio stations: BBC Radio Bristol – 94.9 fm, Heart – 96.3 fm or The Breeze- 107.2 fm

COLLEGE CHARITIES

During assemblies last week pupils were asked to vote for our College charities this year. After counting all the votes, it has been decided that we will support **Teenage Cancer Trust**, **Caring in Bristol**, **Lawrence Weston Community Farm** and the **Stroke Association**.

Throughout the academic year pupils will be involved in charity events and all monies raised will be split equally between the four. The first of these events will be our Christmas Jumper and Hat day on the last day of term, Wednesday 20th December.



Caring in Bristol



Stroke
association

CARING FOR OUR NEIGHBOURS

As the festive season approaches, it can be a lonely time for many people, especially the elderly. A regular visit to a neighbour who lives on their own can mean so much. Not only are you checking on their health, that they are warm enough, that they haven't fallen or hurt themselves, that they are well and healthy but also you bring smiles. Why not consider volunteering with Age UK this season. Children wishing to volunteer should discuss this with a parent or carer first. More information can be found here:



www.ageuk.org.uk/get-involved/volunteer

SAFEGUARDING SPOTLIGHT LIVE STREAMING



What is it?

Live streaming is a live visual broadcast over the internet, using a smart phone or a tablet. At the click of a button, it is possible to be live to hundreds, or thousands, of viewers.

What are the risks?

Children and young people often do things in the heat of the moment and act on impulse without thinking of the consequences. For example, they may share personal information when asked or do things that in another situation they wouldn't do, such as share something private or even sexual.

As with any form of social media there are risks such as receiving negative comments, exposing more personal information than intended and contact from strangers. There is also the risk of possible exposure to sexualised content, both visually and through chat, and the loss of control of a streamed video once online as there is nothing to stop it being recorded, shared and used to threaten.

What is the advice for Parents and Carers?

In a national campaign launched this week, the **National Crime Agency** has identified that it is becoming increasingly important as a parent or carer to understand what risks children and young people may face when live streaming. There are a number of suggested **practical steps** you can take to help to keep your child safe on-line:

Advice for Parents and Carers

Stay involved in their internet use – Continue to talk to your child on a regular basis about what they are doing online; what they are enjoying, what they are learning, who they are interacting with and the new things they have discovered. Parental engagement in the positive aspect of being online and not just the risky things will help your child to talk more openly about their internet use, including anything that worries them. Having these discussions often is more effective than having 'one big chat'.

Use webcam and devices in public spaces. As young people develop, they often seek more privacy and autonomy in both their online and offline world. However, it's important to consider whether children are developmentally ready to be left unsupervised using devices. Young children do not have reasoning skills to keep themselves safe independently, especially when overpowered by the intelligence and manipulation of offenders. A known risk factor is when children use live streaming platforms in their bedroom or a bathroom unsupervised. Therefore, it's important that if children are using apps with any communication function that they are being supervised by an adult and are not in a private space.

Make sure your child knows where to go for support and where to report - Children can sometimes feel they are to blame if something goes wrong online. Remind your child that they can always speak to you or an adult they trust if they are worried no matter what may have happened. Talk to them about reporting directly within the app or platform they are using and that they can report to CEOP if they're concerned about contact from an adult.

[Extract from <https://www.thinkuknow.co.uk/parents/articles/live-streaming-responding-to-the-risks/>] Please follow this link for further advice and guidance. If there are any concerns about any form of online abuse, children or parents may contact Mr O'Rourke, Designated Safeguarding Lead, at the college on 0117 377 2200.