

St. Bede's Catholic College

Specialist Science and Sports College

Issue 255 20th April 2018



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REFLECTION—Feast of St George - 23rd April

There is little that is known for sure about Saint George, as his story is wrapped in myths and legends and it is difficult to determine what is really true. He became a soldier in the Roman army, until he protested against the persecution of Christians and resigned from his post. George was imprisoned and tortured but he continued to profess his faith until he was beheaded.

The most well-known story about St George is how he slayed the dragon in order to protect the princess, who had been chosen to be sacrificed to the dragon. From the 14th Century, George was regarded as a special protector of the English and people began to imagine him as English.



Prayer: Heavenly Father, give us the bravery of St George to stand up for the truth and the glory of God that we have seen in the face of Jesus Christ. Give us the strength to overcome in our lives and in the world, all that is contrary to your rule of justice and love. Amen.

Reflection: "When we look at the lives of those who have faithfully followed Christ, we are inspired with a new reason for seeking the city which is to come"

REGIONAL DANCE CHAMPIONS

Congratulations to our two dance teams who performed wonderfully at **The Great Big Dance Off Southwest Competition** at St. George's Hall on Tuesday evening.

Both **Dance Club** and **Dance Company**, consisting of year 7 – 13 students, brought to the stage contemporary, energetic and vibrant dances which were received well by the audience.

Congratulations to **Dance Company** who won the competition and were crowned **Regional Champions 2018**. The team consisting of: **Reanna Grogan-Hellin, Molly Cummings, Molly Fisher, Janina Parry, Ester Sukenikova, Niamh Bailey, Lily Potter, Emily Pritchard, Isabella Barrett, Cordelia Cremin, Lucy Sweeney, Emily Lunson, Evie Cummings, Laurie Fleming** and **Grace Cousins** will now go through to the **National Finals in Cheltenham** on 2nd July.

Well done and Good Luck!



DATES FOR YOUR DIARY

22nd April 2018

Year 10

**Kintbury trip (1)
return**

24th April 2018

**Year 12 Art Mock
Exam Day 1**

25th April 2018

**Year 12 Art Mock
Exam Day 2**

26th April 2018

Year 10

**Kintbury trip (2)
depart**

27th April 2018

INSET DAY

**Duke of Edinburgh
Bronze expedition
depart (2)**

28th April 2018

**Duke of Edinburgh
Bronze expedition
return (2)**

29th April 2018

**Catenian Public
Speaking contest
Clifton Cathedral
3.00pm**

30th April 2018

**Year 9 and Year 12
Exams start**

3rd May 2018

Annual Prize Giving

7th May 2018

BANK HOLIDAY

10th May 2018

Ascension Day

DUKE OF EDINBURGH

On Friday 13th April we departed for our Duke of Edinburgh Practice expedition along with 31 other pupils in year 9. We started at North Nibley in the Cotswolds. To complete the awards we must go on an expedition without the help of anyone else. The trip, organised by Mr Sutton



and Miss Bassett, was a physically and mentally challenging mission. The expedition was around 22km over two days; we had to be able to identify where we were on the map and to walk for a certain amount of time to arrive at our destination - the campsite near Stinchcombe golf course. We were also required to put up a tent and cook our dinner on stoves. The point of doing this award is to get outside and develop key skills that are necessary in later life; as well as building upon team work and our physical ability. This expedition pushed everyone to their limits and not only created new friendships but tested them too! By going on this expedition we were able to learn from our mistakes (getting lost) and reflect on what we need to work on. In the following months leading up to our assessed expedition we will go over key skills to ensure we pass this part of the award. It was definitely an experience to remember- but we'd like to forget about the hills! **Elizabeth Phillips-White and Jessica Ball**, year 9

MUSIC SUCCESS

Congratulations to year 8 pupils **Erin O'Callaghan** and **Grace Cousins** who both recently achieved a **Distinction** in their **Grade 4 Musical Theatre** exam.



Congratulations also to year 9 pupil **Cecilia Romero** who was awarded **first prize** at the **Bristol Eisteddfod** singing 'Twilight' in the age 13 -15 years category. Cecilia also gained a **Distinction** for her performance of 'A dream is a wish your heart makes'.

BRONZE MEDALLIST AT NATIONAL CHAMPIONSHIPS

Congratulations to year 7 pupil **Nathan Wong**, who competed in the Taekwondo **English National Championships** at the University of Worcester Arena on 25 March. Nathan was awarded a **Bronze medal** in Sparring in Red Belt Boys category. Well done!



NHS COMPETITION

Congratulations to year 8 pupils **Krystal Palmer, Nell Eustace, Emma Holbrook** and **Arppan Enchackal**, with the assistance of **Rebecca Schiavo**, who recently competed in the 'Step into the NHS' national competition. The pupils had to explore careers in the NHS, choose one career and create an innovative way to promote this career to their peers. They based their presentation on Pharmacology and achieved '**Highly Commended**' for their efforts.

Well done!



POLITE NOTICE

Thank you for your patience and understanding regarding the recent coach transport issue. We apologise for any inconvenience this has caused and we look forward to welcoming our new provider on Monday, 30th April.

In the interest of safety of all our children, could parents dropping off or picking up children do so on the Long Cross avoiding the marked coach bays in Lawrence Weston Road. Please also remind your children of the need to exercise great care crossing the road. Under no circumstances should they walk/run out between the buses.

It would also be appreciated if parents are respectful of our local residents and under no circumstances park in such a way as to limit their access to their homes. Thank you.

UCAS EXHIBITION

On the 11th April, Year 12 students attended the annual UCAS exhibition at UWE. The exhibition included inspirational talks, topical seminars and interactive stands. The trip provided students with the opportunity to explore courses and universities and ask questions that Google just cannot answer.

CATENIAN SPEAKING CONTEST

The annual Catenian Speaking contest will take place in the Apostle Room at Clifton Cathedral on Sunday, 29th April at 3.00pm.

This year St. Bede's will be represented by year 11 pupil **Shanaz Sharonsenthil** and **Catriona Davies**, year 10. We wish them both the best of luck.

SAFEGUARDING SPOTLIGHT

EAT WELL, FEEL BETTER

Did you know good food is good for your mood? It's not just your body you're feeding - your mind is affected by what you eat too. There is increasing evidence of a link between what we eat and how we feel. This is called the 'food – mood' connection. How we feel influences what we choose to eat or drink – and a healthy diet can promote positive mental health. Read more about this article here: [http://www.youngminds.org.uk/for children young people/better mental health/look after your body](http://www.youngminds.org.uk/for-children-young-people/better-mental-health/look-after-your-body)



SUMMER CAMPS

The annual Clifton Diocese Summer Camps have launched for 2018 and bookings are now being taken. This year, the camps have moved to a new location in Viney Hill in the Forest of Dean and are being held between 13-17 August (ages 7-11) and 20-24 August (ages 12-16). The camps promise to be weeks full of fun, faith and friendship. If you are interested in finding out more, or to book a place for your child, please visit <http://livingyourfaith.co.uk> or email livingyourfaith@hotmail.co.uk.

DIABETES AWARENESS

Yesterday we were joined by diabetic type 1, Gavin Griffiths. Gavin is the founder of DiAthlete – and is known around various parts of the world for being “The DiAthlete!” An experienced distance runner and endurance enthusiast; Gavin has accomplished 74 extreme physical challenges – from running 30 mile marathons each day for 30 days, to cycling over the country. He spoke to Year 11, 12 and 13 and was joined by **Senna Weeks**, Ms Sharp and 60 year 7 pupils on his last leg of Bristol, as he ran a mile in the college grounds. Gavin and his team finish at Ashton Gate this afternoon before moving on to run in Oxford tonight! The visit and run were great fun and did a lot to share awareness about the condition.

We wish him luck for the rest of his latest challenge (26 marathons) that culminates at the end of May.



SAVE THE DATE

Pasteur Family Quiz

Following the success of last Year's Quiz Evening, Pasteur intend to hold another fun-filled evening for one of our college charities; Teenage Cancer.



Date: 11th May 2018

Venue: St Bede's Catholic College Hall

Time: 6.30pm

Put it in your diaries and start thinking about your teams! Further details to follow. Pupils, families and staff all welcome! Any donations to raffle prizes would be gratefully received - contact Ms Sharp, Head of Pasteur House.

DON GIOVANNI—BRISTOL HIPPODROME

Last Wednesday, the Music Department took a group of pupils went to see the Welsh National Opera perform Mozart's Don Giovanni at Bristol Hippodrome Theatre. The trip was a very rewarding and enjoyable experience for all.

It was wonderful to see Mozart's famous opera, full of beautiful music and exciting drama, being brought alive by such a talented cast of singers and a full-size orchestra.

RUGBY NEWS

It's been a busy start to the term for St. Bede's Rugby. The first signs of spring have coincided with a fresh thirst for the game and two of the sides have been in action already.

Last Thursday our year 9 boys' team represented St. Bede's with distinction as they took on three other schools in a Bristol Combination Festival. The festival was held at the new Combination ground at Lockleaze, which is a fantastic facility.

Our boys took on Oasis Academy Brightstowe, Redland Green School and Ashton Park School in three cracking games. St. Bede's were dominant in their games against RGS and OAB, beating the latter by a fine margin despite having only just scraped past them earlier in the year. As it turned out the boys final game would be against Ashton Park who had also won both their previous games, so it was effectively a final. The game was of an excellent quality with both teams contributing equally. Unfortunately for St. Bede's, Ashton Park came away winners by just a score.

The year 9 boys' team has developed superbly this year and has really benefitted from a more consistent fixture list than most of the teams in the school. They are well set for the NatWest National Vase trophy that they will play for in year 10.

This Monday saw our junior girls' team have their fixture game of the season. The girl's season is generally played in the spring term once Netball and Football are done with. Our girls travelled to Katherine Lady Berkeley School near Dursley to play another talented group of young girls.

Buoyed by the fact that they were wearing the girl's new kit for the first time, again, very generously sponsored by Mr Power-Stone and FD4Cast, the girls took the field in high spirits. The game was fast and competitive and at the end of the three 10 minute spells, the team could only be separated by one score. Unfortunately, St. Bede's were on the wrong end of it and went down 10-9!

All the girls put forward a fantastic effort and it would not be fair to single any one of them out.

Hopefully this is the start of a run of fixtures for these girls which should really see them develop in to an extremely talented team.

