

# St. Bede's Catholic College

*Specialist Science and Sports College*

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## PRIZE GIVING

We welcomed Dr Julian Hector, Head of BBC Natural History Unit as our special guest at the 23rd Annual Prize Giving ceremony yesterday evening. Dr Hector, gave an inspirational speech expressing to our young people that the world needs them. He continued that they are all unique, growing up in a digital world which allows them all to have an awareness of everything. He urged all students to be confident in making choices and to believe that these choices will make a difference.

Mr Maher said: "The beating heart of a school is its students and we want our students to stand out from the crowd and above all to make a positive difference in the world and to the lives of others."

Prizes were presented to almost 250 pupils who were awarded for high achievement, excellent attitude and public spirit within the community. Although the names of many of the prize winners were known before the evening, there were surprise awards announced at the ceremony itself: Congratulations to **Jeffymol Joseph** and **Niamh Fullerton** (Science Award), **Ben Papworth** and **Blanka Szantho** (Sports Award), **John Gompels** (Year 11 Award), **Harvey Nash** (Year 13 Award), **Isabel Romero** (Catherine Hughes Award for Community) **Kundai Vurayayi** (Sixth Form Areté Award), **Ethan Osborn-Clarke** (St. John Paul II Prize), **Laurence Villiers Prosser** and **Fortune Onovo** (Vice Principals' Awards) and **Naimh Bailey** and **Daniel White** (Principal's Award).



A huge number of children received nominations from staff and a scrupulous effort to be fair, resulted in the final list. We hope that pupils deserving of an award, but who did not receive one this year, will be recognised at Prize Giving celebrations in future years. A copy of the Prize Giving programme is on our website.

## REFLECTION—1st May - Feast of St Joseph the Worker

St Joseph, the earthly Father of Jesus, has two feast days within the Catholic Church. The Feast of St Joseph the Worker was established in 1955 by Pope Pius XII and is celebrated on the 1st May. Through his carpentry work St Joseph provided for Mary and Jesus, becoming an example for to all labourers.

**Reflection:** "When Joseph woke up, he did what the angel of the Lord had commanded him."

**Prayer:** Lord, we remember today St Joseph, the father of Jesus, who worked hard to support his family throughout his life. When he did not understand God's plan for him, he continued to do as God commanded; we pray that we may be more like him in our lives, especially in times of confusion. Amen.

## DATES FOR YOUR DIARY

**6th May 2019**  
**BANK HOLIDAY**

**7th May 2019**  
GCSE & A Level  
Art Examinations  
commence

**8th May 2019**  
Chaplaincy Day

**8th May 2019**  
5.00pm—6.00pm  
Launch Event for  
First Story

**10th May 2019**  
Year 9 & Year 12  
Exams end

**13th May 2019**  
GCSE Examinations  
start

**14th May 2019**  
Cafod Young  
Volunteers

**17th May 2019**  
Year 13 Last Day

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## BRISTOL CITY SUCCESS

Congratulations to year 10 pupil **Dylan Kadji** who captained the Bristol City under 15s football team at Ashton Gate last weekend in their match against Crewe Alexandra.

Although Bristol City did not win, Dylan scored a great goal, sharing his delight with the home crowd (which included PE Teacher Mr Barley!)

Well done Dylan, keep up the great work!



## THE LAMPEDUSA CROSS

On the 26th April, we welcomed the Lampedusa Cross to St. Bede's. The Lampedusa Cross is made from wood that washed ashore after a boat carrying refugees did not make it to land. The cross reminds us of all those who leave their countries for a variety of reasons, but especially those who have died on their journey.

The morning started with a short, reflective service led by the Year 7 Chaplaincy Team and then pupils were invited to visit the cross in the Chapel at break and lunchtime.



## CONFIRMATION 2019 AT ST. TERESA'S RC CHURCH

Confirmation at St. Teresa's RC Church in Filton will take place on 25th September 2019. If any pupil, aged 13 and over are considering taking this sacrament this year, please email your name, age, address and telephone number to Father James at [bristol.stteresas@cliftondiocese.com](mailto:bristol.stteresas@cliftondiocese.com)

The deadline for expression of interest is Friday 10th May 2019.



## CITY LEADERSHIP PROGRAMME

Congratulations to year 12 student **Jade Hutchinson** who has successfully gained a place on this year's City Leadership Programme run by Mayor, Marvin Rees.

Jade will participate in a two-week intensive summer course in July, alongside a handful of other students in the City. The programme identifies and invests in the lives of high-ability, high-aspiration students. With fierce competition for places, we are very proud of Jade and her strong application. Well done Jade!



Jade, thank you for allowing us to print your photo.

## GREAT FEEDBACK FOLLOWING WORK EXPERIENCE

Mr Maher was delighted last week to receive a letter from Shanice Grant-Barnett at British Airways regarding a work experience placement **Alex Heale** participated in last month.

Alex, who has aspirations to become a pilot, spent a week in the Flight Operations Department. Ms Grant Barnett wrote in her letter that Alex clearly conveyed a true passion and enthusiasm for a career in aviation and becoming a pilot. She stated that he was professional and polite and a real pleasure to host.

A wonderful letter to receive, well done Alex. We look forward to hearing how our other year 10 and year 12 pupils get on following their work experience in July.



Alex, thank you for allowing us to print your photo.

## AUTHOR SKYPE

We were delighted to welcome author Sarah Ann Jukes via Skype last week to speak with year 9 pupils about her recent book 'Outside,' a testament to mental health. Pupils really enjoyed interacting with an author in this way and the experience was positive and inspiring!



## STAFF VACANCIES

**Governors at St. Bede's Catholic College wish to appoint the following:**

### **School Meals Supervisory Assistant (SMSA)**

The post is 7.5 hours per week and £9.00 per hour

**Cleaner** This will be a permanent contract of 16 hours per week for which the hours of work are 3.00pm to 6.15pm Monday to Thursday and 3.00pm – 6.00pm on Friday. The hourly rate is £9.00

For further information please check our website [www.stbedesccl.org](http://www.stbedesccl.org) or call 0117 377 22 00.



## CAMBRIDGE UNIVERSITY

Congratulations to year 12 students **Hal Hewlett**, **Ewan Gordon** and **Carlo Berondo** who were successful in gaining a place on a residential trip to Cambridge University during the Easter break. Carlo told us about his experience: *I thoroughly enjoyed the trip. The lectures gave a wonderful insight into the type of course that I could potentially do and the advice regarding applying to university and Cambridge will certainly be useful next year. For students who are keen to apply to Cambridge I would highly recommend they explore the opportunity to participate in this programme in the future.*

## ST. BEDE'S STUDENTS ATTEND THE CONCORDE 50 GALA DINNER

Aerospace Bristol celebrated the fiftieth anniversary of Concorde's first British flight with a dinner attended by HRH The Princess Royal, Patron of the museum. Miss Cumiskey along with year 12 students; **Matthew Fraser**, **Ciara Stables** and **Lewis Mead** also had the privilege of attending. All three are studying A-level maths and physics and are considering engineering as a university or higher apprenticeship option.

Delivered in partnership with Airbus, the Concorde50 gala dinner was held under the wings of the supersonic passenger jet in Aerospace Bristol's Concorde Hangar, on the edge of the historic Filton Airfield. Our students had the opportunity to talk to head engineers from all over the UK and ask questions regarding engineering as a career and potential pathway after completing their A-levels at St. Bede's.

Professor Iain Gray CBE, Chair of Aerospace Bristol, said "The iconic Concorde was an engineering marvel, developed far ahead of its time by talented engineers working on the cutting-edge of 1960s technology. Through our exhibition, inspiring workshops for schools, and Concorde50 events, it is this spirit of innovation that Aerospace Bristol aims to ignite in the engineers of the next fifty years and beyond, encouraging the young people of today to develop the big ideas of tomorrow."



## NEW COLLEGE COMMUNICATIONS POLICY

The college has decided to introduce a new communications policy. It is very important to us that we work closely in partnership with parents and carers, and communication between home and school is key. We recognise however that it can often be difficult communicating with teachers because they have a very full timetable; and we recognise that parents and carers also have very busy lives. Please have a look at the policy <http://www.stbedesc.org/attachments/download.asp?file=420&type=pdf> so we can all look to follow best practice and so ensure communications between home and college is as efficient as possible.

## GCSE AND A LEVEL HISTORY VISIT TO KRAKOW

During the Easter holidays 30 pupils and 4 staff visited the historic city of Krakow. The focus of the visit was the Holocaust during the Second World War period. The intensive trip included visits to the area of Kazimierz, the old ghetto area of Podgorze, the Schindler Factory museum, Wawel castle the Galicia museum, where a child Holocaust survivor gave a talk to the group.

Probably the most poignant and moving part of the trip was the time spent at the infamous extermination camp of Auschwitz-Birkenau.

The whole experience was thought provoking and provided many lasting memories.



## YEAR 10 BOYS CROWNED BRISTOL SCHOOLS CHAMPIONS

Congratulations to the Year 10 boys football team who were crowned **Bristol Champions** last Thursday after beating Bristol Free School 1-0 in a very close game.

Despite losing **Teddy Thompson** to a nasty looking facial injury early on, St. Bede's settled well and took a first half lead with a goal scored by **Sachin Joseph** which proved to be the only goal of the game.

St. Bede's defended well in the second and were marshalled well by centre half **Joe Lewis** and were only really troubled once in the second half, but goalkeeper **Mizi Hanyana** saved well pushing a long range shot onto the bar and away to safety.

The boys will now play Hanham in the **Bristol & South Gloucestershire Football Final** at Fry's Club Keynsham next Tuesday 7th May. Good Luck to all of the boys.

## PUBLICATION OF ARTICLE

As part of her ongoing studies, Lucy Bailey, Areté Admin Assistant, recently had an article published in Turner Society News, an international magazine circulated to scholars of the artist J M W Turner. The article details how Lucy recreated an exhibition staged in 1819 where forty Turner paintings were displayed. Cross checking of documents and images enabled her to accurately identify and place the works, leading to a greater understanding of how the exhibition was a pivotal moment in the development of our British National School of Art. A great achievement.

## DUKE OF EDINBURGH SILVER EXPEDITION TO THE FOREST OF DEAN

On Friday 26th April, 26 year 10 students departed for their expedition. Friday morning started clear, but by the end of the day, the group were really battling the elements! Despite the wind and rain, spirits remained high, even after two students managed to trap themselves in their tent! Everyone who participated was fantastic, were very well organised and determined to reach the finishing point. Thank you to Miss Boyd and to Miss Chennells for giving up their weekend to help support the expedition. Let's hope for better weather for the assessed expedition in July!

### 100 % ATTENDANCE IN 7 YEARS!

Congratulations to year 13 student **Ethan Osborn-Clarke** who has achieved 100% attendance at St. Bede's in 7 years!



Ethan, thank you for allowing us to print your photo

### DANCE

Both dance clubs and dance company have had a busy fortnight. On Tuesday 23rd April 50 dancers travelled to Bath to compete in the 'Great Big Dance Off' South West heat, all three groups having made it through the first video round. The students performed beautifully, and enjoyed the chance to watch the other schools dance too. The standard was extremely high and unfortunately none of our dances placed. Bring on next year! On Sunday 28th April the same dancers performed in Stages, a Bristol schools' dance showcase. There were three shows across the day and the majority of Bristol primary and secondary schools were involved. Miss Simpson's KS3 dance club were selected to go through to the next round, which is the Stages Gala show. This will take place on Wednesday 22nd May, beneath the wings of Concorde at Aerospace Bristol!



## GCSE & A LEVEL REVISION SESSIONS—MAY HALF TERM

We will be offering a number of revision sessions over the May half term break for GCSE and A Level students. We have a number of sessions to add to the list and we will ensure to update you as soon as they are finalised.

Sessions will take place from 10.00am—2.00pm, unless indicated:

- Tuesday 28th May Year 11 Psychology Mr Poole
- Thursday 30th May Year 11 Music Mr Lewis
- Friday 31st May Year 13 Music Mr Lewis



## SAFEGUARDING SPOTLIGHT

### EXAM STRESS : HOW PARENTS CAN HELP

A little bit of stress can be a good thing to help motivate us to get things done, however exams can create feelings of worry and pressure that cause stress levels to get out of hand and stop young people performing at their best.



- Try not to set unrealistic expectations for your child that will add to their stress.
- Help them to make a revision plan and encourage them to stick to it.
- Avoid saying 'I'm sure you did better than you thought' after an exam, they might not have and this can feel like a pressure. It may be better to say 'well it's over now, let's wait and see'.
- Help them problem-solve if they don't get the results they want.
- Try and help them to focus by reminding them that the exam period is actually a very short space of time. Perhaps consider things to look forward to.

### EXAM STRESS: TIPS FOR YOUNG PEOPLE

- Keep things in perspective - Try and remain positive!
- Get organised – create a timetable and stick to it. Work out the basics, which exams you have when and what you have to learn for each one. Break your revision into small chunks. Think about when and where you work best. Not everyone is a morning person and some people don't find the library the best place to work.
- Take a break! - Psychologists say we can only concentrate properly for 30 – 45 minutes at a time. Get up from your desk and walk around or make a drink.
- Eat well and try not to snack on loads of sugary things. Food like bread, rice, pasta, fruit and veg will help give you energy and stay focussed.
- Drink enough water to keep your brain & body hydrated.
- Everyone copes differently in different situations and there is much more to us than how we do in an exam.
- Once you have done an exam, try to forget about it. There's nothing you can do about it and worrying won't change your mark.
- Be realistic about what you can achieve and talk to your parents about this.
- Try to get a good night's sleep, especially the night before exams, and get into the habit of doing something relaxing before bed and turning off screens.
- Try not to compare yourself to your friends, everyone has their own strengths and some people exaggerate!
- Talk to your friends and parents/carers if you are feeling worried or overwhelmed.

(extracted and adapted from [studentminds.org.uk](http://studentminds.org.uk))

