

St. Bede's Catholic College

Specialist Science and Sports College

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T: 0117 377 2200

E: contact@stbedesccl.org

W: www.stbedesccl.org

Tw: STB_Bristol

AMAZING CHARITY WORK

This week we welcomed representatives from **The Stroke Association** and **The Teenage Cancer Trust** to present them both with a cheque for **£1,250.00** following our wonderful charity work last year. Pupils and staff from Bell Burnell, Descartes and Pasteur House raised money through numerous events including; a virtual climb of Mount Everest, the Big Row over the Atlantic, an Escape Room event, and a quiz night amongst others. It is very humbling to watch our young people grow in confidence and aspire to make a difference to all those around them. We are so proud of you.



REFLECTION - 15th October Memorial of St Teresa of Avila

St Teresa of Avila is one of a few female 'Doctors of the Church', known for her mystical experiences and visions of Christ. She joined a religious order and began to learn mental prayer, trying to keep 'Christ present within' her mind.

For many years, Teresa struggled with prayer as she was too busy gossiping and then fell ill. After a long time of guidance from a priest, Teresa started to pray again and felt united with God, where she then began to have visions of Christ. She spent much of her time writing her Life, outlining her experiences that so many people questioned.



Reflection: "Prayer is nothing else than an intimate sharing between friends...taking time to be alone with him who we know loves us."

Prayer: Lord, throughout different stages of our lives we may find it difficult to pray, often finding excuses like being too busy or tired. May we be inspired by St Teresa of Avila to spend more time working on our relationship with Christ. Amen.

DATES FOR YOUR DIARY

15th October 2018

Wellness Fortnight

16th October 2018

6.00pm

Wellness Presentation
for Parents

18th October 2018

Dry Slope Skiing
Session 2

22nd October 2018

Week of Year 10 & 11
Exams in English, Maths
and Science

25th October 2018

Dry Slope Skiing
Session 3

6.30pm Year 7 Tutor
and E-Safety Evening

26th October

MFL Languages Day
END OF TERM 1



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SCHOOL LUNCHES

Please could we ask that when possible, pupils are given coins to purchase a school lunch and not notes. Although we try to ensure we have plenty of change available, there are occasions, particularly at the beginning of the week when change is limited.

CONGRATULATIONS TO ARETÉ SIXTH FORM SENIOR STUDENTS

Congratulations to year 13 students **Ethan Osborn Clarke** and **Leoni Abbey** who this week were elected as **Senior Sixth Form Students** and year 12 students **Rebekah Yousef** and **Hal Hewlett** who were elected as **Deputy Senior Students**.

We look forward to sharing with you the good work they have pledged to do within Areté.



CENTENARY WORLD WAR BATTLEFIELDS TRIP TO YPRES SALIENT AND THE SOMME

At 5.30am on Thursday 4th October, 41 excited Year 9 pupils and 4 staff set off on their tour of the First World War Battlefield sites. We visited the fascinating Passchendaele Memorial Museum and attended the moving ceremony at the Menin Gate.



On day two, we toured the Somme area and held our own ceremony, laying a wreath at Thiepval in memory of those who sacrificed their lives in the First World War. Our First World War experience was tied together by a visit to Tyne Cot cemetery and the German cemetery at Langemark, before our final stop at the In Flanders Field Museum.

BATTLEFIELDS TRIP 2019

Letters will be available next week to Year 8 for next year's Battlefields Trip. If you do not receive a letter from your tutor, please see Mrs Lewis.

NATIONAL LIBRARIES WEEK

This week is 'National Libraries Week' which is the annual showcase of the best that libraries have to offer. The focus for Libraries Week 2018 is on 'wellbeing', with the message: 'My time. My space. My library.'

We are all aware that reading for pleasure can increase empathy and improve wellbeing throughout life and here at St Bede's we are fortunate to have a great range of books for students to borrow. Additionally, St Bede's Library has a growing 'Shelf Help' section stocked with many of the titles on the 'Reading Well' list compiled by young people and health experts. These books contain information and advice as well as personal stories about dealing with feelings such as anxiety, depression or stress, or experiences such as bullying. We also subscribe to the 'Teen Breathe' magazine.

You can find more out about 'Shelf Help' here and of course please call into the library to look at the resources :<https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health>



YEAR 7 ACTIVITY TRIP TO FRANCE

During the College Enrichment Programme, year 7 have the opportunity to take part in a residential activity week at Le Chateau de Warsy, France. The week will include a variety of outdoor and adventurous activities including kayaking, paddle boarding and archery and the trip will take place from Monday 15th July to Friday 19th July 2019. For further information, please refer to the parents letters section on our website <https://bit.ly/2C55fcj>

DUKE OF EDINBURGH

On Friday 5th October, the **Silver Duke of Edinburgh** group set off for their assessed expedition. Given the recent success of the award within the college, the number of participants has grown dramatically, and this was the third silver assessed expedition of the year. Although prepared for October weather, this expedition was to become the most challenging yet.

Following a very successful, warm and sunny day one, the sound of hymns being sang around the campfire was sure to make our presence known on the campsite by the evening! The morning of day two however, was a sharp reminder to how quickly the weather can turn, and the freezing rain was not a welcome start to the most challenging day of the expedition. Nonetheless, each group demonstrated great camaraderie and by the morning of day three, groups were happily breaking the icicles off the tents in the knowledge that the end was in sight!

All those who took part should be incredibly proud of their achievements, walking for around 7 hours per day, with heavy rucksacks through twisting forest tracks is no mean feat! Well done everyone who took part!



ELEVATE MEETING FOR PARENTS

Parents/carers of year 11, 12 and 13 are invited to an **Elevate Study Skills Seminar** on **Tuesday 6th November from 6.30pm – 7.30pm.**

Elevate work with our students to encourage positive study skills in preparation for revision and examinations. The seminar will enable parents to understand the key research and skills around the work Elevate deliver to your child. There will also be an opportunity for you to ask questions. Please return the reply slip on the letter given to pupils this week, or email: contact@stbcc.org
You can find out more information about Elevate at:

<https://uk.elevateeducation.com/>



Revision guides

We are now taking orders for Revision Guides and workbooks for the GCSE and A level science courses.

Forms are available from the science department and staff will be able to advise you which are the best to buy. Please remember – the order forms are returned to the Finance Office.

Last date for orders is **Friday 26th October** for delivery after half term. There will be another opportunity to order these books at Easter 2019.

This week we would like to share with you a wonderful poem written by year 11 pupil **Rutendo Chipato** to mark National Poetry Day and Black History Month.

Chocolate

My skin is a mark
A covenant between my past
Carved from chocolate, it is dark
Like the ships my ancestors embarked
Innocent souls, their fate unknown

My colour no longer brings shame
I'd rather it beams in the sun than sit in the shade
For I am living proof of a change
Centuries of bondage that have been broken today

No longer am I drowning in a sea of hurtful words
I surf on the waves and ignore their hurtful slurs
Their glares burning through my skin leaving marks of insecurity
Those are my battles' scars

Look into my eyes, through the window to my soul
A soul that speaks for generations unheard
But still they stuck together like elephants in a herd
But what can you do when you're bruised and hurt?

Today I stand tall and proud
My melanin pops severely
I speak my words so loud and clearly
Even my ancestors can hear me.

INTER HOUSE CROSS COUNTRY

Congratulations to all pupils who participated in the inter house cross country event on Wednesday. In perfect running conditions, we were delighted that **245 pupils** from years 7-11 took part to earn points for their house.

Following this first event the house results are as follows:

		Year 7	Year 8	Year 9	Year 10	Year 11
GIRLS	1st	PASTEUR	DESCARTES	PASTEUR	PASTEUR	BELL BURNELL
	2nd	BELL BURNELL	BELL BURNELL	DESCARTES	DESCARTES	PASTEUR
	3rd	DESCARTES			BELL BURNELL	DESCARTES
	4th	SEACOLE				
BOYS	1st	DESCARTES	BELL BURNELL		BELL BURNELL	PASTEUR
	2nd	PASTEUR	PASTEUR		DESCARTES	DESCARTES
	3rd	SEACOLE	DESCARTES		PASTEUR	BELL BURNELL
	4th	BELL BURNELL				

These totals will be added to other inter house events coming up over the forthcoming events.

The inter-house Spelling Bee commenced this week and we look forward to sharing with you the results in the next issue of our college newsletter.



VACANCIES

Governors at St. Bede's Catholic College would like to appoint a:

Science Technician – 37 hours per week, term time only, annual salary £14,701 - £15,714.
Closing date: Wednesday, 17th October 2018.

School Meals Supervisory Assistant (SMSA) The hours of work are 1.10 to 2.10pm Monday to Friday, term time only. The hourly rate for the post is £8.00 and SMSA's are paid for a total of 7.5 hours per week.

Cleaner This will be a permanent contract of 20 hours per week for which the hours of work are 2.30pm to 6.30pm Monday to Friday. The hourly rate is £8.00.

For further information and an application form, please visit: <https://bit.ly/2E9l18S>

STUDENT INVESTOR CHALLENGE

Last week Year 11 students had the opportunity to sign up to a very unique and exciting challenge. The Student Investor Challenge is the UK's premier investment competition. The competition involves teams investing virtual money on the London Stock Exchange. They will need to keep their investment portfolios healthy by following the ups and downs of the market, and judging when to buy and sell in order to make a profit. There are some exciting prizes up for grabs, including trips to New York and London. Congratulations to the **twenty eight** students who are participating.

SAFEGUARDING SPOTLIGHT

St. Bede's Catholic College Wellness Fortnight 15th – 26th October

During the next fortnight, our young people and staff will be participating in a range of activities to boost their 'wellness'. Excellent learning will continue as normal but lessons and assemblies will encompass the themes of Spiritual, Emotional, Mental and Physical wellness.

A final reminder about a very special event for parents on **Tuesday 16th October at 6pm** in the main hall.



What is going on in the teenage brain?

An experienced, professional team invite you to consider some ideas as to what you can do to support a young person through this exciting but sometimes confusing stage of development.

At times, being a parent or carer can be challenging

We are delighted that the Educational Psychology and the Child and Adolescent Mental Health Services (CAMHS) will present a fascinating insight into some key issues for young people and the adults who care for them, such as;

Physiological changes

The struggle for independence and identity

Setting limits and boundaries

Communication and listening

Peer influence

We shall look forward to you joining us.