

# St. Bede's Catholic College

*Specialist Science and Sports College*

Issue 265 26th October 2018



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## WELLNESS FORTNIGHT

We are nearing the end of a wonderful two weeks in which staff and pupils have focussed on improving their physical health and mental awareness in a variety of different ways.

We have welcomed inspirational guest speakers who shared their experiences with us and who have offered wise words and advice to our young people. In lessons, pupils have explored the brain, the science of stress and building resilience and looked at exam preparation, bereavement, the personal enrichment gained from travelling, healthy eating and the importance of sleep. All pupils and staff have had access to Headspace, an app which offers hints and tips to lead a happier, healthier life and all have participated in daily meditation.

We were delighted also to welcome 160 parents and carers to the first of two evening seminars based on understanding what is going on in the teenage brain. The second in the series will focus on Healthy Body, Healthy Mind at 6.30pm on 19th November.

A key aim of this fortnight was to remind everyone to take care of themselves emotionally as well as physically. Pupils and staff have fully embraced the whole experience and we hope we have helped provide strategies and techniques to those who may need support at various times throughout their lives.

Wellness levels will continue to be monitored throughout the year.



## REFLECTION 3rd November - Memorial of Saint Winefride

At the age of 15, Winefride gave herself to a life of devotion, spending nights watching in the Church. Under guidance, her gifts of intellect progressed and this spread to the ears of neighbouring villages. After refusing to marry a prince, he beheaded her and at that point a spring began to gush. Her family prayed to God and Winefride rose up as if she had been woken from a deep sleep.

**Prayer:** Lord, on this day, we remember St Winefride, may we be inspired by her example of courage and faith throughout her life. Amen.

**Reflection:** 'Do not be afraid or discouraged, for the Lord God is with you.'



## DATES FOR YOUR DIARY

**26th October 2018**

**End of Term 1**

**31st October 2018**

Deadline for Year 7  
Applications for  
September 2019

**5th November 2018**

**Start of Term 2  
INSET DAY**

**6th November 2018**

6.30pm—7.30pm  
Elevate Revision Skills  
Presentation for Parents  
of Year 11, 12 & 13

**7th November 2018**

6.30pm—8.30pm  
**ARETÉ SIXTH FORM  
OPEN EVENING**

**8th November 2018**

Dry Slope Skiing  
Session 4

**13th November 2018**

6.30pm—8.30pm  
Year 12  
Certificate Evening

**15th November 2018**

Chaplaincy Day

Dry Slope Skiing  
Session 5

**16th November 2018**

Year 7 and 8  
'Bin It' Roadshow

## CRICKET SUCCESS

Congratulations to year 7 pupil **Eleri Walsh** who recently won the "Spirit of Cricket" award from Frenchay Cricket Club for her nurturing and leadership skills with new members and promotion of the sport.

A wonderful achievement Eleri, well done!

## PASTEUR PUPIL OF THE TERM

Congratulations to year 10 pupil **Sofia Dye** who has been nominated by her peers in Pasteur House as '**Pasteur of the Term**' for her contributions to the house and college. These include: Duke of Edinburgh, Cross Country, Netball, Year 10 Sports Captain and the College Play...to name but a few!

**Well done Sofia!**

## WE THE CURIOUS

We have been given free tickets for an open weekend at **We The Curious** the interactive science museum at the Harbourside in Bristol. The event will take place on **10th and 11th November**. All year 7 pupils will receive a ticket which will allow them and their family to enter free of charge. For pupils in years 8 –13 please see your tutor who will have a number of tickets to distribute.



## YEAR 11 MOCK INTERVIEWS

Last week we welcomed representatives from local employers, further education colleges, parents and college governors to spend time with our year 11 pupils conducting mock interviews. The event gave pupils the opportunity to practise their interview skills and use the feedback given to them to ensure they are successful in the future.

The interviewers all remarked how well the candidates had prepared themselves for this event and comments from the pupils regarding the experience were extremely positive.



## Follow us on Twitter!

Please follow us:  
**@STB\_Bristol**



## ELEVATE MEETING FOR PARENTS OF GCSE AND A LEVEL STUDENTS

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 have worked with our students for a number of years, encouraging positive study skills in preparation for revision and examinations and will spend the morning of Tuesday 6th November with year 11 and year 12 pupils in an interactive workshop.

The evening seminar for parents will outline key research and skills around the work Elevate deliver to your child and will also offer parents the opportunity to ask questions about how best to support your child during the build up to exams and during. Please return the reply slip on the letter given to pupils last week, a copy of which is on our website, or email: [contact@stbcc.org](mailto:contact@stbcc.org)

You can find out more information about Elevate at:

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

### SCHOOL MEALS

From 5th November 2018 the cost of a hot meal and dessert will increase to £2.30.

### LOST PROPERTY

We have accumulated a large amount of lost property this term. If your child is missing any items of uniform, shoes or outside garments, please ask your child to go to Reception.

### ONLINE SAFETY, CYBER BULLYING AND MENTAL HEALTH PRESENTATION

On 3rd October, we welcomed a band called **Galaxy Thief** to St. Bede's to work with year 8 as part of our PSHCE programme. Pupils listened to an inspiring talk about Internet Safety, Cyber Bullying and Mental Health. They were also treated to a 'mini concert.'



### INTER HOUSE SPELLING BEE

Over the past three weeks, pupils have been competing in the Inter house Spelling Bee. The year 9, 10 and 11 final on Friday 19th October saw **Bell Burnell** performing especially well! The year 7 and 8 Spelling Bee on Monday 22nd October had a fantastic atmosphere with all teams winning a number of points for their house. We are delighted to announce that **Bell Burnell** were crowned **Spelling Bee champions!**





## **SAFEGUARDING SPOTLIGHT**

### **Important notice: A reminder for all parents and carers - Child feeling unwell?**

**Please discuss with your son or daughter the importance of following the correct procedure in the unusual event of feeling unwell in college.**

Pupils who are not feeling well must seek permission from a member of college staff before leaving a lesson. It may be that having assessed the situation, a member of college staff will decide to send the pupil to reception.

**Under no circumstances should a pupil attempt to use their own methods to speak directly to a parent or carer.**

- College staff will medically assess the pupil and make a decision whether to call an emergency contact parent/carer or not.
- If a pupil needs to leave the college due to illness, they are not permitted to do so alone.
- Children must be collected by a named person, verified by details on the college administration system.



**Monday 5th November is an INSET Day**  
**Pupils return to college for the start of Term 2**  
**on Tuesday 6th November—Week A.**

## **VACANCIES**

### **Design Technology, Art and Music Technician**

Governors wish to appoint a skilled and motivated technician to make a valuable contribution to Design Technology, Art and Music. The hours of work are 35 hours per week, term time only plus 5 in-service days.

### **Science Technician**

A skilled and motivated Science technician. The hours of work are 37 hours per week, term time only plus 5 in-service days.

**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 on the positions available and an application form, please visit:  
<http://www.stbedescc.org/page/?title=Vacancies&pid=12>

## MUSIC OPERA TRIP

On Thursday evening, the Music and Drama Departments took a group of GCSE and A Level pupils to see the Welsh National Opera perform Verdi's 'La Traviata' at the Bristol Hippodrome Theatre. The trip was an extremely rewarding and enjoyable experience for all. It was wonderful to see a traditional production of Verdi's famous opera, full of beautiful music, exciting drama and tragedy, being brought alive by such a talented cast of singers and a full-sized orchestra.



## CAREERS FAIR

We welcomed representatives from colleges, universities and employers to St. Bede's this morning for our annual careers fair.

Year 11 pupils had the opportunity to discuss the next step in their education and employment and all embraced the experience with maturity.



## INTER HOUSE RESULTS

Following the Inter House Cross Country event earlier this month and the Inter House Spelling Bee, the results are as follows:

| Lower School Results<br>End of Term 1 | Pasteur   | Descartes | Bell Burnell | Seacole   |
|---------------------------------------|-----------|-----------|--------------|-----------|
| Cross Country                         | 37        | 30        | 25           | 25        |
| Spelling Bee                          | 35        | 34        | 28           | 27        |
| Total:                                | <b>72</b> | <b>64</b> | <b>53</b>    | <b>52</b> |

| Upper School Results<br>End of Term 1 | Pasteur    | Descartes  | Bell Burnell |
|---------------------------------------|------------|------------|--------------|
| Cross Country                         | 101        | 109        | 94           |
| Spelling Bee                          | 117        | 121        | 146          |
| Total:                                | <b>218</b> | <b>230</b> | <b>240</b>   |

We look forward to the Inter House Netball and Rugby competition in Term 2.

## THE GREAT ST BEDES BAKE OFF

We are looking forward to the highly anticipated **Great St. Bede's Bake Off** which this year will take place on **Monday, 12th November**. The categories are as follows:

|         |                           |
|---------|---------------------------|
| Year 7  | Six Decorated Fairy Cakes |
| Year 8  | Six Decorated Biscuits    |
| Year 9  | Chocolate Brownies        |
| Year 10 | Big Cakes—Showstopper     |
| Year 11 | Big Cakes—Showstopper     |

## Wear It Pink Day

Pupils and staff were invited to accessorise their uniforms and 'Wear It Pink' today to raise funds for Breast Cancer Awareness Day. At first count this morning we had already raised **£364.07!** Well done to all who participated. Pupils and staff had so much fun and all for a worthy cause.



## Areté Sixth Form Open Evening

We welcome prospective students and parents to our

**Open Evening**  
**on Wednesday, 7th November**  
**at 6.30pm.**

*"A climate where students discover a thirst for knowledge and a passion for learning."*



**OPEN EVENING**  
**Wednesday, 7th November 2018**  
**6.30pm—8.30pm**

Continuing from our Wellness Fortnight we are pleased to present the second in the series of evening events. A seminar for parents/ carers and young people on...

## Healthy body, Healthy mind

### At times, being a teenager can be challenging

We know that being a parent or carer can sometimes be challenging. Teenagers also face challenges of their own. We invite you to consider some key strategies in order to help support a young person throughout their learning journey at St. Bede's, with special emphasis on coping with GCSE examinations. The key topics to be discussed will include:

- The importance of sleep
- Use of practical revision techniques
- Re-engaging the reluctant learner
- Spotting the signs of stress (e.g. Self-harm and eating disorders)



**Please join us here at the college Main Hall on  
Monday 19<sup>th</sup> November 6.30pm-8.00pm**

In order to ensure that we provide appropriate seating for this wellness event, please return the slip that has been sent home with your child or contact the college reception. Returns please as soon as possible and by Friday 9th November.

#### **PARKING**

When parking in the local area, please remain considerate to the access requirements of local residents.

Please note that parking for this event has been arranged and is available at the Lawrence Weston Social Club, Lawrence Weston Road BS11 0ST

Please note : Parking is **not** available via the sports entrance - this is reserved for community sports events.

I/we shall be attending the '**Wellness Evening**' event on Monday 19<sup>th</sup> November 2018 at 6.30pm.

Please enter the number of seats required

Name of Child at St. Bede's : ..... Year group : .....

Please indicate if you wish to reserve special access seating at the front of the main hall

Y/N

Please note that the special access ramp is situated at the front entrance to the college.  
To reserve a parking space, please contact the college to make individual arrangements.

**PLEASE RETURN THIS SLIP TO THE COLLEGE RECEPTION**