

St. Bede's Catholic College

Specialist Science and Sports College



T: 0117 377 2200

E: contact@stbcc.org

W: www.stbedesccl.org

Tw: STB_Bristol

Newsletter

Issue 287 15th November 2019

COMMISSIONING OF CHAPLAINCY TEAM

On the 13th November, ten members of the Key Stage 3 chaplaincy team visited Clifton Cathedral to be commissioned by Bishop Declan.

The day began with a song and then the secondary school representatives were invited to meet with the Bishop to discuss what they find difficult about being a person of faith in today's world, and what they would like to see changed within the church. There followed a service with all the schools in the diocese attending, where each member of the chaplaincy team was presented with a badge and certificate.



Congratulations to year 7 and year 8 pupils: **Eva Fernandes, Chanelle Gatheru, Ella Griffiths, Mya Griffiths, Alice Kealey, Mair Norman, Ellie White, Amarachi Akumonye, Victoria Gauza and Kristel Matitu.**

New members of the Chaplaincy team are always welcome, see Mr Loud for details.

REFLECTION – 15th November St Edmund of Abingdon

This week we celebrate the memorial of St Edmund of Abingdon. St Edmund was born in 1175. He was a merchant who became a monk. He has links with our Diocese as he was appointed vicar of the parish of Calne, in Wiltshire and later appointed treasurer and Canon of Salisbury Cathedral.

In 1233 he became Archbishop of Canterbury, where he advised King Henry III for a while, but resigned in 1240 due to a dispute. He died, the same year, in France on his way to see the Pope.

Edmund's life was one of self-sacrifice and devotion to others. From boyhood he practised self-discipline; such as fasting on Saturdays on bread and water, and wearing a hair shirt. After snatching a few hours' sleep, most of the night he spent in prayer and meditation.

Reflection:

"Therefore learn as if to live forever; live as if to die tomorrow." Quote from St Edmund

Prayer: Prayer of St Edmund of Abingdon

Into Thy hands, O Lord, and into the hands of Thy holy angels, I commit and entrust this day my soul, my relations, my benefactors, my friends and my enemies, and all Thy people. Illuminate my heart with the grace of Thy Holy Spirit; grant that I may ever be obedient to Thy commandments; suffer me not to be separated from Thee, O Lord Jesus Christ, who lives and reigns with God the Father and the Holy Spirit for ever and ever. Amen.



DATES FOR YOUR DIARY

15th November

Languages Day

21st November

Dry Ski Slope Session

28th November

Year 8

Parents' Evening

4.30pm—7.30pm

1st December

Beginning of Advent

2nd December

Year 11 Mock Exams

2nd December

Week of Year 10

Exams in English,

Maths and Science

LOST PROPERTY

All lost property can be found in reception and can be collected at break, lunch time or after school.

All PE lost property goes directly to the PE department.

For up to date news please join St. Bede's on Twitter



stb_bristol

YEAR 7 NEWS Term 2 Week 2

A huge well done to all of year 7 for a successful first term at St Bede's. They have settled in wonderfully and I have been so impressed with how quickly they have found their new classrooms and settled into their new sets.

Well done to our **Tutees of the Term** for **Term 1** who have been rewarded for taking part in House activities, having the most achievement points, best attendance, politeness and making an effort to make new friends. Congratulations to:

**7BMHA
7BAW
7DHA
7DFM
7PBD
7PRMS
7SAMA
7SDM**

**Eva Fernandes and Oliver Stawicki
Edward Hartley and Miranda Carr
Mollie Montanaro and Grace Johnson
Mya Griffiths and Tess Banim
Meghil Bijoy and Annette Siby
Imogen Shepherd and Aaron Winward
Yin Tian Lin and Freya Gallagher
Andrea Gelbolingo and Patryk Kowalewski**

Parents, please take a moment to speak to your year 7 child at home about appropriate use of language online and on mobile phones. I have been made aware that the language being used on email is sometimes not what we would hope for from our young people. It is also a useful reminder that many group chat apps such as Instagram are not recommended for children under the age of 13. A quick reminder from home might make all the difference.

ARETÉ STUDENTS VISIT WARWICK UNIVERSITY

On Monday 11th November, year 12 and 13 English Literature students attended an A Level lecture day at Warwick University. The day included various lectures including poetry, Shakespeare as well as tips from a chief examiner. The students had a wonderful day and thoroughly enjoyed looking around the Warwick University campus.



PARENT GOVERNOR



Further to the recent ballot for Parent Governor of St Bede's Catholic College, I wish to announce that **Ms Alison Duckett** has been elected as a Parent Governor of the college. She will serve from 1st November 2019 to 31st October 2023.
C. Walker, Clerk to Governors

ARMISTICE DAY

We will remember them

We were so pleased that some of our pupils wore their service uniforms to college on Monday 11th November in memory of those who died fighting for their country.

At 11.00am, each member of our college community were respectfully upstanding in silence to mark the occasion. The generosity of our pupils during this time, has been outstanding with money being raised for the Poppy Appeal.

The pupils who are part of the Army Cadets, Scouts, Senior Leaders and Guides wore their uniforms with pride throughout the day.

Pupils have also been remembering those who have died by entering records into our own book of memories.



ENGLISH SPEAKING UNION COMPETITION

On Tuesday 12th November, two teams from St. Bede's took part in the Bristol Heat of the English Speaking Union public speaking competition.

Our Year 10 team was made up of **Laurie Fleming**, **Chris Mathew** and **Olivia Delahunt**. Laurie delivered a thought-provoking speech debating whether 'The sole purpose of education is to prepare children for the world of work'.

The Year 11 team was represented by **Isabel Lunson**, **Shawn Joseph** and **Ciara Rae** with Isabel tackling the title 'We lack confidence', an insightful speech which considered the perspective of the youth towards the government's response to climate change.

Olivia and Ciara took the difficult role of questioner for their teams and challenged the speakers brilliantly. As Chairperson, both Chris and Shawn confidently led the debates and truly engaged the audience. We are very proud of both teams as the Year 10 team were chosen to compete in the Bristol final, they will be joined by the Year 11 team who finished runners up on the night. A special mention must go to **Chris Mathew** whose chairing performance earned him the well deserved prize of '**Best chairperson**'.

Congratulations to all of you and good luck in January!



WORLD CONFERENCE

On Friday, 25th October a group of year 12 students attended a World Conference session at Redmaids Sixth Form College.

After listening to several key note speeches including one about Circle Economy (a rejuvenated, no waste economy), and a talk by physicist Andrew Fletcher about the universe which, I think it's fair to say, blew everyone's minds (did you know that if you were to remove all the spaces within and around the atoms in the entire human race - all 7.7 billion- we would fit into the space of two thirds of one smartie!), we split into groups and took part in smaller workshops about subjects including climate change, pollution, quantum physics and plastics, and how we can reduce the problems that these issues create, within our own lives. It was a fantastic and inspiring day, enjoyed by all who attended.

Philippa Crane, Year 12

SUCCESS FOR FUTURE ENGINEERS

Recently we shared the success of year 11 pupil **Alex Heale** who had become a British Airways Ambassador.

As part of his role as Ambassador, Alex ran a 3 week theory course for twenty pupils at St. Bede's who had expressed an interest in engineering, military or civil aviation.

We are delighted that the students excelled, with an average examination grade of 85%.

Congratulations to our pupils and well done Alex for your commitment and hard work.



LIBRARY NEWS

The St. Bede's Catholic College Library is open every day during term time from 8.40am-4.30pm Monday to Thursday and 8.40am-3.30pm on Friday.

Our stock is constantly reviewed and renewed and suggestions for new books are always welcome. We look forward to welcoming our pupils.



HOUSE NEWS

Bell Burnell House once again celebrated the success of some of their amazing pupils by presenting five pupils with their **Bronze Duke of Edinburgh**, one **Silver Duke of Edinburgh** and several year 11 girls received their **Go Youth Sport Award**. Congratulations to all of you for all of your effort and commitment.



YEAR 11 MOCK INTERVIEWS

This morning, 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.



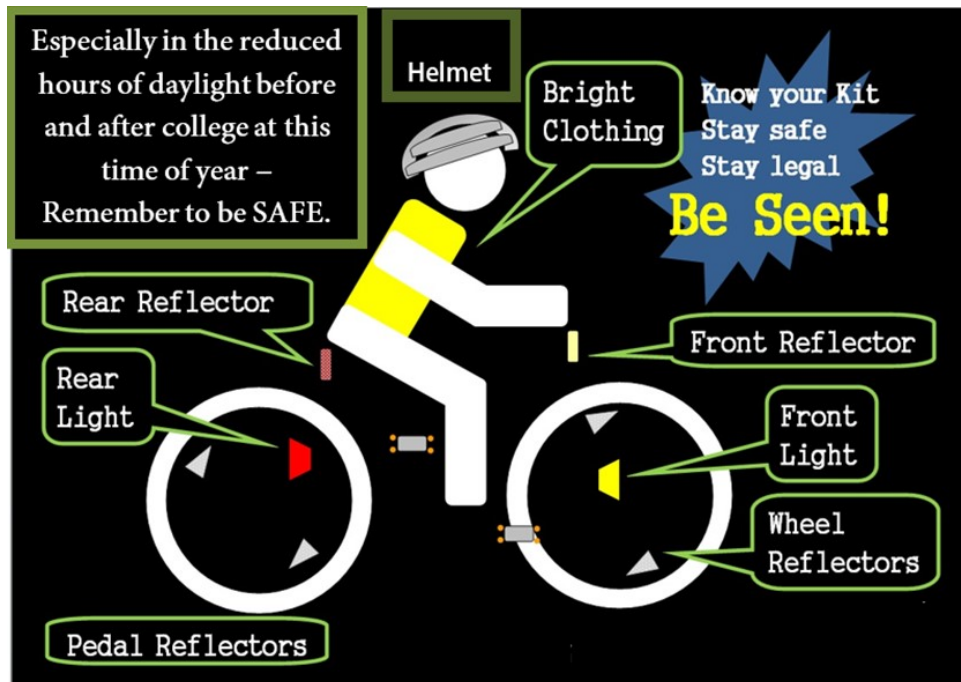
ELEVATE SEMINAR ACE YOUR EXAMS

We were delighted to welcome Megan from Elevate Education on 5th November to work with our GCSE students in preparation for their forthcoming GCSE examinations. Megan offered wonderful advice and ways to time manage, set goals and increase motivation when revising.

This is the first of a number of seminars which will be offered to our Year 11 and A Level students this academic year.



SAFEGUARDING SPOTLIGHT



Matters of the Mind

Conversations not just between adults and children, can sometimes prove challenging. Here are some top tips to consider towards improving the quality of human connection, in particular how we talk and relate to each other;

Seek to understand before seeking to be understood

Many of us are in constant 'transmit mode', and find it much harder to switch to 'receiving mode', but this can cause problems in personal and professional relationships. It's important to absorb the other person's point of view and try to fully understand what they are saying before you start to give your opinion or issue your challenge to them.

Show your understanding

Once you understand the other person's point of view, show that understanding by feeding back to them what you've heard. By meeting the needs of the person you're talking to – the need to be heard, the need to be respected, the need to be understood – you create a connection through which the substantive stuff can flow.

Try not to listen to criticise

Some people will listen in order to better criticise, finding clues to use as arrows to throw back at the opposition. Try not to listen in order to pull out potential verbal weapons but listen to better understand the other side of the argument.

Choose the channel you use to communicate through

Face-to-face communication is the gold standard and the further you move away from that gold standard the narrower the channel through which you're trying to communicate. On the telephone, for example, you don't have the physical presence – your voice has to do all the work. With texting there is no voice even, just written words. And if you're using anonymity on Twitter and other social media platforms, the channel is even narrower.

Extract from : 'The Talking Revolution' - Eddy Canfor-Dumas and Peter Osborn.

You can read more about this article here :

<https://www.bbc.co.uk/programmes/articles/3SGB8ZyX7BYkzgWk24JwcH2/seven-tips-for-how-to-make-better-conversation>