

# St. Bede's Catholic College

Specialist Science and Sports College



T: 0117 377 2200

E: [contact@stbcc.org](mailto:contact@stbcc.org)

W: [www.stbedesc.org](http://www.stbedesc.org)

Tw: STB\_Bristol

## Newsletter

Issue 291 17th January 2020

### GOLD DUKE OF EDINBURGH AWARD

Congratulations to Year 13 student Ciara Stables who is the first student in the history of St. Bede's to achieve the **Bronze, Silver and Gold Duke of Edinburgh Awards!** Achieving the Gold award is no mean feat, whereby Ciara had to successfully navigate a 4 day expedition in the Brecon Beacons, complete a year of volunteering, learn a new skill and record a year's worth of physical exercise. The Gold award also requires a residential section, for which Ciara completed a week long conservation and ranger course in Wellington. Ciara is now awaiting her invitation to either St. James's Palace or Buckingham Palace Garden to receive her award.

If you are a year 11 student thinking about the Gold DofE Award and are planning on continuing your studies with us within the Areté Sixth Form, please see Mr Sutton for more information.



Thank you Ciara for allowing us to print your photograph

### REFLECTION—19 January – St. Wulstan

St. Wulstan (1008-1095) was born at Long Itchington in Warwickshire. In his early youth, he was noted for his special religious and spiritual nature. He was ordained a priest in 1038. He served as Monastery Prior and in 1062, was appointed Bishop of Worcester. During this time, he became known for his piety, often spending whole nights in prayer in the cathedral church.

An indication of his uncompromising self-discipline came when he refused to eat meat again after he was distracted while he was celebrating Mass by the smell of a dinner roasting in the kitchen. His preaching was said to have often moved people to tears. He always recited the psalter while he travelled and never passed a church or chapel without going in to pray before the altar.

St. Wulstan devoted his whole life to the care of his diocese, he was a champion of the poor and opponent of the African slave trade. Together with Lanfranc (Italian Benedictine Monk), they were responsible for ending its practice at Bristol Port.

As a vegetarian, he is the Patron Saint of vegetarians and dieters.

**Reflection:** "Upon my word, we shall first perform our service to God". St. Wulstan

**Prayer:** Prayer for St. Wulstan

Lord God, who raised up Wulstan to be a bishop among your people and a leader of your Church: help us, after his example, to live simply, to work diligently, and to make your kingdom known; through Jesus Christ our Lord. Amen.

## DATES FOR YOUR DIARY

**17th January 2020**

Year 11  
Mock Results Day

**23rd January 2020**

Year 9  
Curriculum Evening  
6.30pm—8.30pm

**24th January 2020**

Year 13  
Mock Exams End

**27th January 2020**

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

**27th January 2020**

Year 13 Art Exam  
(Day 1)

**28th January 2020**

Year 13 Art Exam  
(Day 2)

**28th January 2020**

Future Quest Trip  
Year 9

**29th January 2020**

Year 13 Art Exam  
(Day 3)



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## OFFERS FROM OXFORD

We were delighted to learn that two of our Areté students have secured offers from the University of Oxford.

**Shanaz Sharonsenthil** and **Finley Norton** took part in a gruelling application process in December, where they undertook a series of assessments and interviews over three days.

Shanaz has been offered a place to study Law at New College, Oxford and Finley has been offered a place to study Mathematics at New College, Oxford.

Shanaz and Finley, we are very proud of everything you have achieved.



Thank you Shanaz and Finley for allowing us to print your photograph

## CHARITY DONATION

Descartes House Captains had the privilege of presenting Sophie, a representative from St. Peter's Hospice, **£1,250.00** last week.

The money has been raised by the college throughout the year. Wonderful work from our pupils, staff and college community.



## AVIATION SUCCESS

Congratulations to year 11 pupil **Miziyanda Hanyana** who recently achieved a BTEC Level 2 in Aviation Studies.

Mizi, who has a keen interest in Aviation, studied for the qualification in his own time.

A wonderful achievement. Well done.



Thank you Mizi for allowing us to print your photograph

## GCSE LANGUAGE EXAMS

Pupils in years 9-11 who wish to be entered for GCSE Polish, Italian and Portuguese should see Mrs Owen as soon as possible. Further information can be found on our college website: <https://bit.ly/2Nwd0wz>

## FANTASTIC CHARITY WORK

Congratulations to Areté student **Isabel Payne** who has raised an incredible **£2,767.54** for the Jessie May Trust and Kendleshire Kids Foundation during her year as Junior Captain at Kendleshire Golf Club.

Isabel has cleaned golf clubs, organised a charity golf day and auction attended by 50 golfers and played 72 holes of golf in one day to raise the money.

Alongside her great work at the Golf club and her A Level studies, Isabel is also doing respite work with a teenage boy with autism. Isabel, we are so proud of you. Well done.

Thank you Isabel for allowing us to print your photograph



## STAFF VACANCIES

St. Bede's Catholic College is looking to recruit an **Invigilator** to provide support to the examination process within the College. Employment is offered on a casual, sessional basis and the hours of work would be between 8.30am to 4.30pm. The main external examinations take place in May/June each year but internal examinations can take place throughout the year. The hourly rate of pay is £9.

We also have a vacancy for a **School Meals Supervisory Assistant**. The hours of work are 1.10pm to 2.10 pm Monday to Friday, term time only. The hourly rate for the post is £9.00 and SMSA's are paid for a total of 7.5 hours per week.

For further information and an application form please go to the vacancies page on our website: <https://bit.ly/2FWegoQ> or contact Mrs Walker at [c.walker@stbcc.org](mailto:c.walker@stbcc.org) on 0117 377 2200.

## SAFEGUARDING SPOTLIGHT



Matters of the Mind

**This time of year is a great time to re-consider our sense of purpose**

Having clarity about our aims and ambitions can make it easier to get up in the morning. A purpose instils us with energy, gives us a sense of direction, encourages engagement with the world around us and creates a clearer sense of self. Having a purpose provides us with a focus and a sense of achievement as we work towards our target.

Studies have shown that when people feel like they are contributing to a higher purpose, they often have a healthier and happier outlook. They can also prove more resilient to stress. Physical fitness is a great way to find a sense of purpose. Whatever the parameters of your physical abilities, having something to train towards creates purpose.

As well as improving our fitness, exercise has an added benefit. When we get our body moving, our brain's hypothalamus and pituitary gland produce neurochemicals called endorphins, which create a sense of euphoria and well-being and help to combat stress.

Physical activity also stimulates the release of dopamine, norepinephrine, and serotonin which all play an important role in regulating mood. Exercise actually helps us to feel happier.

Extract from [www.bbc.co.uk](http://www.bbc.co.uk) <https://bbc.in/38fVFJE>



## THE ADDAMS FAMILY REHEARSAL SCHEDULE

Rehearsals are in full swing for our college production of the Addams family which will be performed on the 10th, 11th and 12th March 2020. Tickets will be on sale at the end of this term. Thanks again for your continued support and encouragement, please remind students that attendance at rehearsals is really important as the show gets nearer.

Week	Tuesday Lunch DRAMA (C22)	Wednesday Lunch DANCE (Dance Studio)	Wednesday 3.30-5pm (HALL)	Thursday Lunch MUSIC (C29)	Thursday 3.30-5pm (HALL/C22) <b>LEADS WILL BE TOLD ON A WEEKLY BASIS</b>	Additional Info
<b>13th Jan</b>	Run act 1 ALL LEADS	Tango de Amor (Morticia and Gomez)	<b>FULL CAST</b>  <b>Photos for programme taken (headshots in uniform)</b>	Leads and Small Chorus – Overture, When You're An Addams, One Normal Night, Goodbye, Full Disclosure Part 1, Waiting, Full Disclosure Part 2 and Move Towards The Darkness	<b>No rehearsal (year 10 parents evening)</b>	
<b>20th Jan</b>	Act 2 scenes 3,4 & 5 ALL LEADS	Tango de Amor (Morticia and Gomez)	<b>FULL CAST</b>	Fester & Small Chorus (girls) Fester's Manifesto But Love Reprise No.1 But Love Reprise No.2 Into The Moon and Me The Moon and Me	<b>Small Chorus &amp; leads</b> Till 5pm  Year 9 curriculum evening @6.30	ALL LINES MUST BE LEARNT
<b>27th Jan</b>	Act 2 scene 6 & 7 ALL LEADS	But Love Dance Troupe	<b>FULL CAST</b>	Gomez Two Things Wednesday's Growing Up Trapped Four Things Gomez' What If Happy Sad Not Today	Leads and Small Chorus – Overture, When You're An Addams, One Normal Night, Goodbye, Full Disclosure Part 1, Waiting, Full Disclosure Part 2 and Move Towards The Darkness	ALL LINES MUST BE LEARNT
<b>3rd Feb</b>	Act 2 scene 8&9 ALL LEADS	Secrets Morticia, Alice & Dance Troupe	<b>FULL CAST</b>	Wednesday, Pugsley, Lucas, Alice and Mal Pulled What If Crazier Than You	<b>Small Chorus &amp; leads</b> Till 5pm  Year 8 curriculum evening @6.30	ALL LINES MUST BE LEARNT
<b>10th Feb</b>	Act 2 scene 10 ALL LEADS	Just Around the corner Dance Troupe	<b>FULL CAST</b>	Morticia, Alice, Gomez and Small Chorus (girls only) Secrets Just Around The Corner Live Before We Die	<b>No rehearsal (Year 11 parents evening )</b>	All costumes must be in school for Friday 28 <sup>th</sup> Feb!