

St. Bede's Catholic College

Specialist Science and Sports College



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Newsletter

Issue 300 19th June 2020

MESSAGE FROM MR MAHER, PRINCIPAL

I hope that you and your families remain safe and well.

There has been much speculation over recent weeks regarding the wider opening of schools and what this will look like in reality. This week saw churches, shops and some outdoor attractions begin to reopen their doors which is a welcome sight for many.

We invited students in years 10 and 12 who could get in safely to attend in their 'bubbles' from Monday and it was heartening to see students return and to hear the general 'buzz' of a school return. Everyone is expected to maintain social distancing and high standards of hygiene throughout the morning. The Risk Assessment was made available on the College website to support the measures that have been put in place.

Some students have continued to work from home and I would like to thank everyone for their patience this week with the technology issues that we have been experiencing. This will hopefully be resolved fully soon as we wish to develop the home learning being provided further to establish regular face to face contact with tutors for all students across the College.

We continue to await information regarding September and will share plans with you as soon as information becomes available. It is our continued hope that all students will return, if at all possible, come the new academic year.

With prayers,

J. G. Maher
Principal



REFLECTION—19th June is the Feast of the Sacred Heart of Jesus

The devotion to the Sacred Heart (also known as the Most Sacred Heart of Jesus), is one of the most widely practised and well-known, wherein the heart of Jesus is viewed as a symbol of "God's boundless and passionate love for mankind" taking Jesus Christ's physical heart as the representation of his divine love for humanity. The feast is celebrated 19 days after Pentecost, therefore always on a Friday.

The popularisation of this devotion comes from a Roman Catholic nun, Saint Margaret Mary Alacoque, who said she learned the devotion from Jesus during a series of apparitions to her between 1673 and 1675. During these apparitions, she heard Jesus make 12 promises to those who would respond to the pleading of His Heart and make an effort to return His love.

Jesus informed St. Margaret Mary that He had chosen her to spread devotion to His most Sacred Heart, and made the twelve specific promises to those who would practice this devotion.



Reflection: *"The heart of Jesus is the ultimate symbol of God's mercy; but it is not an imaginary symbol, it is a real symbol which represents the centre, the source from which salvation for all humanity gushed forth"* Pope Francis

Prayer: Prayer to the Sacred Heart

O most holy Heart of Jesus, fountain of every blessing,
I adore you, I love you and will a lively sorrow for my sins.
I offer you this poor heart of mine.
Make me humble, patient, pure, and wholly obedient to your will.
Grant, good Jesus, that I may live in you and for you.
Protect me in the midst of danger; comfort me in my afflictions;
give me health of body, assistance in my temporal needs,
your blessings on all that I do, and the grace of a holy death.
Within your heart I place my every care.
In every need let me come to you with humble trust saying,
Heart of Jesus, help me. Amen.

MESSAGES OF SUPPORT

Dear Year 12,

It has been lovely to see many of you this week. It feels slightly more 'normal' having you here with us in college and seeing you has been a real treat. Thank you for the fantastic way you have approached the new procedures for keeping everyone safe. Your teachers have reported that your engagement in lessons has been excellent and that you have adapted well. We look forward to seeing more of you in Week B of the timetable.

Best wishes,
Miss Kirkbright

Dear Year 13,

We hope that you are all keeping well. We know that this is a very surreal end to your sixth form and school experience, but please remember that we are still here to support you should you need it.

Just a reminder that the deadline for accepting UCAS offers is approaching. If you have not already accepted an offer, please do review your options before doing so. It is a while ago now that we completed applications, so it is worth spending some time to recap on the universities you applied for, especially if you have received multiple offers.

Further information regarding deadlines for replying and the impact of Covid upon your applications can be found here:

<https://www.ucas.com/undergraduate/after-you-apply/coronavirus-covid-19/what-does-mean-your-application>

Please contact us if you have any questions or concerns.

Dear Year 11 Areté applicants,

It is great to hear from A Level subject teachers that so many of you have started on the transition work. Please do continue to get in touch with the A Level teachers. Their email addresses are on the bottom of the transition work packs in the '6th Form' area of our website: <https://www.stbedescc.org/page/?title=Transition+Work&pid=162>. All the Areté Sixth Form teachers are very happy to answer any questions you have.

Usually at this time of year I would be writing to you to invite you to the Sixth Form Taster Day. Sadly that will not be able to happen this year, but instead I am organising a Virtual Taster Day. Teachers are busy recording taster sessions for you and I will be sending a letter home in a couple of weeks to let you know how to access this material once it is all organised.

Please also look out for a questionnaire about your A Level subject choices which will be emailed to you shortly.

I look forward to welcoming you to Areté properly as soon as possible.

Best wishes,
Miss Kirkbright

Music

Just a quick message to say that the staff in the music department are missing you all. In music this term, students in years 7-9 would normally be learning about music from around the World, including music from Africa and the Caribbean. We really miss teaching you some fantastic songs and pieces of music from Africa and the Caribbean. Strangely, we also miss the sound (and cacophony, perhaps) of 20+ students playing djembes and hand-held percussion instruments at the same time! Students in years 10-13 would normally be busy preparing for the GCSE and A Level Music listening exams. Even though the exams didn't go ahead this year, we're still incredibly proud of your hard work over the years!

The staff in the music department are also missing your band and choir rehearsals. We're sorry that you've missed out on the concerts and performances that are usually held in the spring and summer. Anyway, we hope you and your families are well. We're looking forward to working with you when our usual lessons and rehearsals can resume.

Mr Lewis, Mr Poole and Ms Hanley.

Descartes House

Another warm hello to all Descartes pupils and families. I hope you are well and are enjoying further restrictions being lifted. It has been great to get back into school this week and have some contact with pupils and staff. I can't wait until we can all meet together again as a House. I am missing you all. Well done on the activities you have been up to and how much you are helping out at home. I am again enjoying reading your messages on SMHW and the emails you are sending. Keep it up! Your resilience in the face of adversity during this difficult time is something to be admired. I am proud of each and every one of you! Remember, I am at the end of an email or SMHW if you need anything. Take care and stay safe.

Ms Johnston

Bell Burnell House

A big hello to all Bell Burnell families. I had mixed emotions this week with welcoming year 10 back into college but not having the opportunity to see years 7 through to 9. It was lovely to see all those smiling faces and I hope that you made the most of your time in college. The sessions seemed to have gone really well. On the plus side the technical glitch experienced at the end of last week has now been fixed and I will be joining the tutor sessions for the lower college. Please ensure you set a reminder, so that you don't miss the slot. If you have any problem's logging in, please email myself or your tutor.

Please can I remind you all to be looking out on SMHW for the Bell Burnell newsletter each Friday. It would be lovely to have more comments or pictures recorded on our Google wellness sheet. This then will serve as a memory of how we lived through this period of time. As always, a big thank you to all of you who have entered the weekly challenges and if you haven't, then perhaps try this weeks!?

Take care and stay safe, Mr Johnson

Hello Year 7,

I feel like these last couple of weeks have been particularly challenging for everyone. We have had to adjust to knowing that you will not be back at school this side of the summer holidays and to seeing some students heading back to school, perhaps this includes some of your brothers and sisters. This may have made you feel a whole range of different emotions and feelings just when we were getting used to things as they were.

I wanted to make sure you know that I am always at the end of my email so if you have any questions or worries, please get in touch. I was so proud of Year 7 when I saw just how many of you had been mentioned by teachers as doing really well with their work. You are showing great determination and resilience, well done everyone.

Tutor Lessons

Your tutors are going to be starting to run tutor sessions with you. It may be that you have had your first one and I hope that you enjoyed seeing everyone again.

It would be lovely if you could all log into your computers and join in the tutor sessions that your tutors are running for you. I know your tutors are looking forward to seeing you all, they have missed your happy faces. They are hopefully going to be running weekly at the following times and we look forward to seeing you there!

7DFM - Monday 10:30am

7DHA - Monday 9:00 am

7BAW – Wednesday 11:00 am

7BMHA –Thursday 12:05

7SAW - To be confirmed

7SAMA – Monday 11:15am

7PBD – Friday 11:30am

7PRMS – Friday 11:00am

Best wishes to everyone, Mrs Carmichael

Seacole House

As things around us start to open up again, including school, it has been great to be back this week meeting all the year 10 pupils coming in for a morning of lessons. My attempts to embrace technology using Google Meet have been put on hold due to an internet breakdown at school. Hopefully by the time you read this we will be up and running again and ready to embrace another new way of teaching and communicating next week. Hopefully I can join in some of your tutor sessions that will also use this system.

I hope you and your families are keeping well and managing to avoid the heavy showers and storms some areas have been experiencing this week. The last time we met in the hall for assembly we had the fun of the prize wheel and I'm sure some of you have been thinking what has happen to this. Don't worry we are asking teachers for names of pupils to be entered into the draw and will be making the draw later this term. Watch this space for the winners.

I would like to give a mention here and send a certificate to a number of pupils who have been nominated by their teachers. Those pupils are **Isaac Basini Morgan, Dillon Conefry Unwin, Victoria Cygan** and **Kristel Matitu**. Well done to them for working hard in these strange times.

Mrs Turri

Pasteur House

Hello Pasteur House and your lovely families,

I can't believe another two weeks have flown by. As you are aware, there have been several significant steps taken to us getting reunited as our community - physically. I have been so very proud throughout this experience at the way that we have stayed connected. Thank you Pasteur. The fact that I have already been able to see some of your faces through the Tutor Google Meet sessions, already this week has been a tonic for me. There has been a nervous buzz, for the year 10s and Year 12s as they make their first tentative steps in the classroom...I, like you cannot wait for it to happen for us all. In the meantime, please continue to connect and reconnect with each other and your learning, build on and consolidate your learning to help you to be prepared when recommence together; us as teachers and staff, will be there to support you. Please continue to send me photos of your pets and of your stories and news (don't forget to check the Pasteur News Google Drive). I will hopefully be able to check in with many of you through your Tutor Sessions. Continue to stay safe and positive. Every little step we take matters. Ms Sharp and Norman.

YEAR 12 UCAS APPLICATION GUIDE

Please click the following link for information regarding applying for University. A UCAS registration guide for Year 12. [Watch Video](#)

SAFEGUARDING SPOTLIGHT

With an increased amount of time on-line during the lock-down period, despite the huge benefits of 'being connected' there is potentially an increase in the risk of abuse to young people.



Fortunately, there is support and advice available for families living in a digital world. 'Parent Info' provides support and guidance for parents from leading experts and organisations please click here: <https://parentinfo.org/>

A reminder about making a report about on-line abuse

<https://www.ceop.police.uk/ceop-reporting/>

Should I make a report to CEOP? [Child Exploitation and Online Protection command]

CEOP works to keep children safe from sexual abuse and grooming online. CEOP are unable to respond to reports about bullying, fake accounts or account hacking.

You can report to CEOP if you are concerned that a child is being sexually abused or groomed online. This might be from someone they know or someone they have only ever met online. CEOP are available to offer advice and to help to keep children safe. If you think a child is in immediate danger, please call the police on 999.

If you wish to speak to the Designated Safeguarding Lead at the college, please contact Mr O'Rourke via email: d.orourke@stbcc.org





Matters of the Mind

As part of our welcome to new children joining St. Bede's Catholic College and those returning, we would like to take this opportunity to share our plans to support our college community as we recover from the experience of and on-going circumstances of COVID-19.



We fully appreciate that parents, carers and teachers have been going to extraordinary lengths to support children in recent times. Children too have been exposed to unprecedented changes, all of which has seen many exposed to increased anxiety, uncertainty and very often exhaustion. Clearly, there is a need to RESTORE.

RECOGNITION of what has happened and that our experiences during lockdown have all been different, life-changing for many and significant for us all. At our college we will be discussing the facts about COVID -19 and providing opportunities for the children to reflect, talk about their experiences or listen to others.

EMPATHY for the mix of emotions that we have in response to events at home, in school, the community and in the wider world. Diversity brings richness to our college community. We will build on the positivity of the recent world empathy day to strengthen our awareness of others and strive to express empathy and to demonstrate respect for others.

SAFETY will be paramount, both emotional and physical. At our college we have already established and have been practising how to keep safe in this 'new normal' so that pupils will be able to learn and continue to thrive. We recognise that many young people and adults may have felt unsafe during the lock-down period so we aim to help everyone to feel safe again, whilst remaining alert.

TRAUMA is now a collective as well as an individual experience. We have not underestimated the impact of the pandemic on the lives of our existing and new members of the college community. Our college pastoral team will continue to provide young people with opportunities to explore their experiences.

OPPORTUNITY to change what needs to be changed, to reflect on what matters to us and if we'd like to do anything differently. Clearly, there are positives that have emerged from our collective experiences. We will be encouraging discussion around how we learn from this experience, now that we know we can question even seemingly fixed aspects of our world.

RELATIONSHIPS are key, as they always have been. Another strength of our college community is how we connect. Our next challenge is to reconnect, and to continue to develop positive relationships at all levels.

ENGAGEMENT in our own health and well-being and with the issues that affect us: teachers, parents/carers, and the wider community. We have a long history at our college of promoting wellness. Wellness to us means spiritual development, the promotion of positive mental health and respect for our physical health. We will continue to provide opportunities and the capability to enable young people and adults to grow.

In order to prepare to either join or re-join the St. Bede's Catholic College community, children (and adults) may find the Wellness top tips useful on the next page;

Everyone deserves to feel good!

During the partial re-opening of the college, children have been reflecting on the poetry of the Bristol Poet Victoria Kissule: [Bristol City of Hope](#)

1 **Connecting with others and Prayer:** Talk with family, meet friends and share

Prayer is a personal thing but what ever form it takes – it works! The power of prayer has been long acknowledged; and the role of praying for yourself and others, and the positive effects that surround mental health and wellbeing are well explored.

Prayer calms our minds, so we can have a greater control over our actions. Prayer gives us time to reflect and stop, a time to ask God for the right way forward. Prayer can help to develop positive mental health, reducing anxiety and stress. While praying our mental peace increases.

Prayer provides us with an inner strength, an inner peace that helps when times are tough and inspiration when times are good.

Dear God, We are aware that September marks the start of a new school year. We are setting out on the journey ahead of us. This year, more than any before will be different. We ask for wisdom to see and to know what it is that we want to achieve – where it is that we are heading. We also ask you to help us towards making choices.

We trust that you will provide for us and help us – in our learning and in our friendships and relationships. Help us to provide support to others this year who are also undertaking their own journey. Please give us strength, stamina and grace. Amen.

2 **Diet and exercise:** Diet and exercise are very important. Try to make a healthy choice for yourself every day, and the positive effects will add up. Here are some useful links :

Diet: <https://www.nutrition.org.uk/healthyliving/lifestages/teenagers.html>

Exercise : <https://www.nhs.uk/live-well/exercise/get-active-your-way/>

What are you putting into your mind ?

<https://www.stbedescc.org/page/?title=Emotional+Wellbeing&pid=75>]

3 **Know your limits:** Sometimes we can feel stressed or burnt out because we have too much going on, even during periods such as lock-down. Set goals, set time limits and stick to them. Don't forget that it is really important to have a healthy balance of doing school work, helping at home and relaxing with a hobby or interest, perhaps reading for fun. A timetable is a great way of setting routines.

4 **Be kind:** Being able to show empathy and compassion towards others is good, but showing compassion to yourself is *great* too. Celebrating your achievements and using positive self-talk works wonders for confidence! Identify some positives at the end of each day and say 'well done, me'.

5 **Sensory experience:** Take a moment to breathe. Using the senses can be very relaxing. Take a moment to look around and notice any colours you can see, identify what you can feel by touch, and try to notice any sounds, smells, or tastes.

Useful links ; <https://www.thewildnetwork.com/wild-time-ideas/stop-and-listen>

<https://www.thewildnetwork.com/wild-time-learning>

A MESSAGE FOR PROSPECTIVE SIXTH FORM STUDENTS:

It is fast approaching that time of year when usually, you would be meeting each other and forming new friendships as you prepare for the next stage in your education journey.

We are working hard here at St Bede's to try and prepare some formal and informal welcomes to those of you who are planning to return in September.

New beginnings are exciting, and I imagine that many of you are eager to know who you will be studying alongside in your subjects.

Therefore, virtual spaces have been set up via Google classroom, so that you may discover others who are considering the same subjects as you. This is an informal space, somewhere for you to talk to each other, upload questions about the subject, ask for support with transition work etc...

If you are planning on attending the Areté Sixth Form and would like to discover who else might be in your classes, please follow the following steps:

1. Sign into your St Bede's email.
2. In the top right-hand corner, click the option with the dots (next to G Suite).
3. Select the 'Classroom' tab.
4. Once this has opened, select the + tab in the top right-hand corner.
5. Enter one of the codes in the list below to sign up to a subject. Repeat the process again to join a second class and so on.

I would recommend joining the four subjects (this includes your trial subject) that you are planning to study from September. Please introduce yourself once you have successfully signed up! I hope that you enjoy meeting your new fellow classmates!

Best wishes, Mr Sutton

Subject	Class Code
Fine Art	jnpqzol
Biology	xvtmx6n
Business Studies	q4s7tsh
Chemistry	avxyuro
Computer Science	haidzwo
Drama	vzey66s
Economics	vnd5zmk
English Language	n5hdh hv
English Literature	tqhs57f
French	36qtt dv
Geography	rgqe2b3
History	g466dhx
Law	est5oal
Mathematics	3rtmdpr
Further Mathematics	suxdm6j
Music	trpwapa
PE	3hc4wu2
Physics	zwkspsv
Politics	3opq7yi
Psychology	sfm3bls
Religious Studies	ug6e6g4
Sociology	qqrbyz
Spanish	fvzjfe2

LIBRARY NEWS

For the latest Library Newsletter please click the following link:

<http://www.stbedesccl.org/attachments/download.asp?file=2075&type=pdf>

JUNE 2020

VOL. 6



ST. BEDE'S LIBRARY

What's On with the Library



MY FUTURE CAREERS INFORMATION

Virtual classroom events

PwC support the education and skills sector to help deliver a workforce fit for the future and to improve opportunities for all.

PwC have launched their virtual classroom, which is a programme open to students between years 10 and 13. The programme offers an opportunity to develop your employability skills and engage with PwC Ambassadors. For further information or to watch/listen to live or pre-recorded sessions, click on the link below and sign up to virtual classroom events.

<https://www.pwc.co.uk/careers/school-jobs/virtual-classroom.html>



CELEBRATING ACHIEVEMENT

As always our wonderful pupils have stepped up to produce fantastic work in all subjects. Please do visit our [Celebrate Achievement](#) page on our website.



Emily Parsons, Year 7



Josephine Woodcock, Year 9



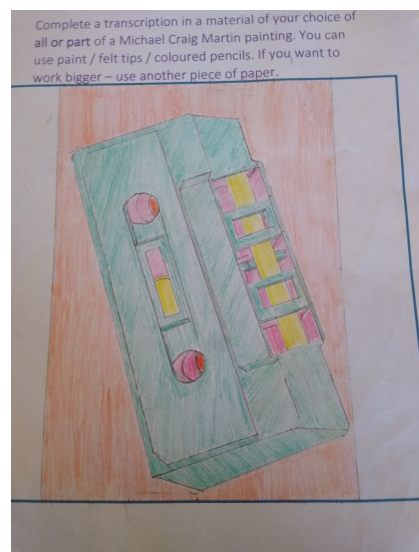
Marisa Licata, Year 9



Hollie Sharp, Year 10



Rebecca Kalamaj, Year 9



Will Jones, Year 8