

St. Bede's Catholic College

Specialist Science and Sports College



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Newsletter

Issue 305 9th October 2020

MESSAGE FROM MR MAHER, PRINCIPAL

Time has moved on very quickly already and we now only have two weeks remaining before the October half term break. We welcomed back the year 9 students who had been isolating on Monday and look forward to welcoming the sixth form back next week.



Legislation has changed regarding sex and relationships education. All schools were required to review their policy, and what was being taught at each key stage had to be age appropriate. I am also expected to consult with parents regarding the new policy which is available [here](#) and the topics being covered. I would like to reassure parents that what is taught at St Bede's is supported by the teaching of the Roman Catholic Church. However, it is incumbent on all of us to ensure that our children know and understand the consequences of their behaviour. They must also know the facts concerning what is available to them and how to protect themselves and others, as well as the moral implications of the decisions they take. A brief summary of the topics being covered is available for you to read [here](#) and I would ask that if you have any comments on either the policy or the scheme of work that you write to me by the close of the consultation period no later than noon on Friday 23rd October.

As the weather is becoming colder we will be reviewing our practice regarding appropriate ventilation in classrooms during Covid-19 and following the updated guidance coming from central government. In the meantime, please ensure that your child understands that the uniform is a blazer and if they are cold then the school jumper may be worn underneath to provide an additional layer of warmth. Hoodies, non-uniform jumpers and brightly coloured tops are not uniform and consequently unacceptable. Students need to fully understand the Governors' expectations of them and take pride in the uniform they wear.

A reminder that we have an Inset day on 23rd October therefore the last day of Term 1 for students will be Thursday 22nd October.

With prayers and every blessing,

J. G. Maher
Principal



REFLECTION — 9th October – Feast day of St John Henry Newman

9th October is the feast day of St John Henry Newman.

Cardinal Newman was born in 1801 and died in 1890. He was an Anglican priest who converted to Catholicism at the age of 44 and became a Cardinal at 46. He spent a great deal of his life living and working with the poor in Birmingham.

It is a year since he was canonised by Pope Francis, and declared a saint.



Reflection: “The Christian has a deep, silent, hidden peace, which the world sees not... The Christian is cheerful, easy, kind, gentle, courteous, candid, unassuming; has no pretence...” St John Henry Newman

Prayer: God has created me to do Him
some definite service; He has committed some work to me which He has
not committed to another. I have my mission—I never may know it in this life, but I shall
be told it in the next.
Somehow I am necessary for His purposes.
I have a part in this great work;
I am a link in a chain, a bond of connection between persons.

YEAR 7 VIRTUAL EVENING FOR PARENTS AND CARERS

The Year 7 Virtual Evening for Parents and Carers will take place on Thursday 15th October. The event will take place between 4.00pm – 6.30pm and will provide an opportunity to meet with your child's Form Tutor following the Year 7 review.

The 5 minute meetings this year will be held online and in addition to the virtual appointments four informative videos will be available for you to access via our YouTube channel at your convenience:

- Address by Mr Maher, College Principal
- Address by Mrs Carmichael, Head of Year 7
- Relationships and Sex Education, Mr McCarthy Head of Religious Formation and Mrs Powers, Head of Science
- E-Safety by Mr Hirani, Head of Computing

For information on **How to Book an Appointment**, please click [here](#)

For information on **How to Attend Video Call Appointments**, please click [here](#)

If you have any questions or queries regarding the event, please contact Mrs Carmichael, Head of Year 7 via email at r.carmichael@stbcc.org

ARETÉ POST 16 VIRTUAL OPEN EVENING

We welcome prospective Year 12 students, parents and carers to our Post 16 Areté Virtual Open Evening on **Thursday 22nd October**.

The virtual event will provide an insight to our successful sixth form provision at the college and will be accessible on our college website and Youtube Channel.



MAIN COLLEGE VIRTUAL OPEN EVENING

The **St. Bede's Main College Virtual Open Evening** is now available to view on our website and Youtube Channel:

[St. Bede's Catholic College, Bristol](#)

A reminder about applications:

Supplementary Information forms for prospective Year 7 pupils should arrive in College by **31st October 2020**. Parents must also have submitted the Common Application Form to their local authority by that date.

LIBRARY NEWS

KEY STAGE 3 (YEARS 7, 8 AND 9) 4 BOOK READING CHALLENGE



What do I have to do?

- Email librarydesk@stbcc.org to say you would like to get involved.
- Read 4 books and write 1 review on the library database (<https://u013370.microlibrarian.net>) before Christmas.
- Every time you read a book find Mrs Hayman in the courtyard at break or lunch and talk to her about what you have read.

Can I read anything?

- Not quite! The key word here is **challenge**. Mrs Hayman reserves the right to refuse books if she thinks they are too easy for you.

Could I win anything?

- Yes! Everyone who completes the challenge will be entered into a draw to win a (book-shaped!) prize.

Any questions? Unable to find Mrs Hayman? Email: librarydesk@stbcc.org

Please follow
St. Bede's Catholic
College on Twitter



stb_bristol

NUTS FREE SCHOOL

A polite reminder that we are a **nut free school**.

Please do not send your child in with any product that contains nuts – we have a number of pupils at St. Bede's with severe allergies and proximity to or contact with them is potentially life threatening for those children. Thank you.

DANCE

A reminder that there is still a chance to represent St Bede's in the national schools' dance competition '**The Great Big Dance Off**'. The competition this year will be for solo entries and will be virtual.

The judging will be based on video entries and as a school we are allowed to submit multiple videos for KS3, 4 and 5. If you would like to be considered to represent St Bede's please record a video of yourself dancing any style or genre for no longer than 3m30s.

Please note it is not a pro dancing competition, it is for schools, so all ages and dance abilities are welcomed! Costume is not required and will not play any role in the judging.

Email your video via www.wetransfer.com to Mrs Shaddick, Miss Hayre or Miss Simpson before **Monday 12th October**. More details can be found on show my homework.



PHYSICAL EDUCATION KIT — REMINDER

Pupils have been made aware that all PE lessons will be outside for the foreseeable future. Please encourage your child to wear their college PE tracksuit tops and tracksuit bottoms to protect them from the cold. A thin waterproof/rain coat is also advisable so that they can remain dry. It would also be useful if they also bring a dry set of under garments to change into if they get wet. If the weather is severe, PE will be moved into a classroom, however we would like to get them outside as much as possible.

A polite reminder also to ensure that your child's PE kit is named including socks please.

HEADLICE

We have received reports of pupils needing treatment for headlice. This can be very distressing for some children and it is important that all parents and carers are vigilant in checking their children's hair.

It is the responsibility of all parents and carers to check their children's hair daily and if any eggs or lice are found they can be eliminated by using a choice of treatments. The quickest and most cost effective method to try first is by wet combing with a special comb bought from a pharmacy or online. If live lice are found ALL family members must be treated. However, clothing, bedding and towels do not need to be washed as lice do not survive away from the hosts head. All long hair should be tied up at all times. It is not necessary to contact your GP and your child can still attend school.

If you check your child's hair every 2 days and use the wet comb method they should remain free from lice

For further information and how to treat head lice and eggs please use the NHS link <https://www.nhs.uk/conditions/head-lice-and-nits/>

SCHOOL MEALS INCREASE

College meals will increase to £2.45 from the start of Term 2.



Matters of the Mind

There's a close relationship between sleep and mental health. Getting good sleep, and enough of it, is really important for maintaining our mental wellbeing. It can help us have more energy, feel more positive, and feel less stressed."

- Stephen Buckley, Head of Information at Mind -

According to a recent study, 68% of teenagers do not get enough sleep

Here are some top tips from Teen Sleep Hub

Nobody's sleep needs are exactly the same!

Don't compare your sleep needs to those of your friends. One size doesn't fit all! Having a plan that works for you is more important than having one plan fits all approach.

Don't be afraid of the dark

When it is dark, you produce a hormone called melatonin and this helps you to fall asleep. Dim the lights in the hour before bed to help produce melatonin.

Screen time

Limit screen time in the run up to bedtime. Ideally, avoid using screens in the hour before bed as this can interfere with the body's natural production of the hormone melatonin, which is important for sleep! Also the activities you do on these devices that keeps you awake and alert at the wrong end of the day.

Wind it down

A bedtime routine is not just for very young children! Having a consistent wind down sleep schedule relaxes you before bed and helps with feelings of sleepiness

Good morning

Keep your internal body clock on track by waking up at the same time every day - including the weekends! This will help to support your circadian rhythm, meaning waking up is easier.

Further information is available here:

<https://teensleephub.org.uk/>



SAFEGUARDING SPOTLIGHT

Are you worried about a child during Covid-19 in England?

Covid-19 is affecting us all, but some more than others



Whatever your worry, we're here to help you with any difficulties and anxieties

you're experiencing as a result of the pandemic. You can get support the way you feel most comfortable:

Free phone helpline: 0800 157 7015

Quick online referral form: barnardos.org.uk/see-hear-respond/self-referral/self-referral-form or access the website to help yourself: barnardos.org.uk/see-hear-respond-support-hub

