

# St. Bede's Catholic College

## Specialist Science and Sports College



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## Newsletter

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# HAPPY EASTER

We look forward to Easter - chocolate bunnies, coloured eggs, fun activities, family time together, and more. What's not to love? But Easter is more than this, and its significance extends to more than just one day.

Recognizing the days leading up to Easter, through Holy week prepares your heart and mind to fully appreciate the most important aspect of the season of Easter: The Resurrection!

***For in the Resurrection of Jesus we find our hope of eternal life*** (1 Thessalonians 4:13-18).

This event in the life of the early disciples changed everything. Before the Resurrection, they were cowering behind closed doors – hiding out in fear—but after the Resurrection, their faith was renewed and strengthened.

***The Resurrection of Jesus was given to us as proof for the Gospel (Good News)*** (Acts 17:31b).

Build your faith in the Resurrection of Jesus Christ just as the early church did.

**Love starts here!**

***"For God so loved the world, that he gave his only son, that whoever believes in him should not perish but have eternal life."*** John 3:16

As the country cautiously begins to unlock following the extended period of lockdown, it is worth remembering that, as Christians, we are known as the 'Easter People' – a people of Hope. Mr Loud has put together reflections for us to use during Holy Week and Easter which will enable us to come together and feel part of the wider family of St Bede's.

Let us remember all those who have suffered bereavement or are unwell in hospital. We pray that they will be given strength and comfort at this time.

**With all good wishes and Easter blessings,  
J. G. Maher , Principal**

### **Congratulations to the Year 7 winner of the 4 book challenge.**



Well done to all our young people who accepted the challenge to read 4 books during terms 1 and 2

All students who have been involved in the lateral flow testing in school have been issued with two kits for use over the Easter break. Parents are asked to use [contact@stbcc.org](mailto:contact@stbcc.org) if their child shows symptoms of Covid-19 and returns a positive test result from Thursday 1<sup>st</sup> April through to Sunday 4<sup>th</sup> April. The NHS Track and Trace system should be used by parents from Monday 5<sup>th</sup> April



## How will you celebrate Easter?

Around the world people celebrate Easter in different ways. For instance, in Brazil people eat a special food called paçoca, which is prepared by mixing crushed nuts and other ingredients together into a paste.

In Ethiopia people wear traditional white clothes called yabesha libs and eat special sourdough bread called dabo. They bake enough of this bread to offer a slice to everyone who comes to visit the house.

Although we live in different countries, and speak different languages, and eat different food, we are all God's children. We are part of one big global family and we are called to care for one another as sisters and brothers.

We are filled with hope today because Jesus' resurrection shows us that nothing is impossible for God.

We hope we can help each other to be the best people we can be and to live full and happy lives, wherever we are in the world.

We pray that through God's grace we can care for one another and work together to make the world a better place for us all, and especially for those of us who are poor.

## What is your hope for the world this Easter?

God fills us with hope on this Easter Sunday and so we pray :

Living God, we know that all things are possible for you. Fill us with hope for a future where all people may live their lives to the full. Inspire us to work together to make this change happen. **Amen.**

## **An Interview with Dame Jocelyn Bell Burnell**

Recently, Bell Burnell House captain's hosted a question and answer session with Dame Jocelyn Bell Burnell. Dame Bell Burnell visited St. Bede's six years ago and in order maintain contact with the college, she kindly agreed to do a virtual session for the House. Alanna, Ethan, Julia and Alfie asked her questions collated from other students from Bell Burnell House. She spoke passionately about her research into pulsars, the struggles she had faced being a female in a predominately a male field and how she had used the \$3 million breakthrough prize money awarded to her in 2018, to fund others to carry out research.

One of the funniest moments of the interview came when Mr. Johnson suggested that after an incredible career, the pinnacle surely was that she now has a face mask with her name on it!

Dame Bell Burnell also had a great reply to a question on how our students can stay positive and remain resilient during such a difficult year. She told them not to give up and if they needed some time out this was fine, but to get back to the challenge as soon as they could. She said "perhaps tenacity is one of the best things to have as you go through life."

If you would like to hear the 30 minute interview the link is:

[https://drive.google.com/file/d/1DPPHlaS7hJK3Ep\\_nXE6CL6n1rqu32b8/view?usp=sharing](https://drive.google.com/file/d/1DPPHlaS7hJK3Ep_nXE6CL6n1rqu32b8/view?usp=sharing)



### **Maths Challenge**

Congratulations to the 39 pupils in years 10 and 11 who took part in the Intermediate Maths Challenge over lockdown. The standard this year was very high with 3 pupils making it through to the next round.

Congratulations and good luck to Nathan Wong, Felix Anil and Quinn Stables who achieved Gold Certificates and are waiting for their results from the second round!

The below pupils did exceptionally well and managed to achieve:

Silver Certificates: Eden Shepherd, Arppan Enchackal, Mara Lancaster, Nivin John, Chris Mathew, Reuben Mathew, Amal Austin, Jasper Lett-Chatnock and Jane Vijayakumar

Bronze Certificates: Shayni Wickramaratne, Christella Shaji, Adorna Jaimon, Aimee Chacko, Hanna Mulavarikkal, Rubin Halder and Jozef Smietanka

Well done to all pupils who took part.



## DATES FOR YOUR DIARY

**1st April 2021**  
**END OF TERM 4**

Inset day—pupils will  
not be in college

**19th April 2021**  
**START OF TERM 5**  
**Week B**

**23rd April 2021**  
Year 7 reports are  
sent home

**27th April 2021**  
Year 9 vaccinations  
in college



## Extended Project Qualification (EPQ) 2021-22

### Parent & Carer Information Evening – Year 12

Please look out for an invitation to an information meeting (via Zoom) about the EPQ that will be sent by email and letter early next term.

The EPQ is worth half an A Level (UCAS points) and takes place from Term 6 (June 2021) until the end of Term 3 (February 2022). It is highly valued by higher education institutions and gives students key skills that they can carry through to university studies and work places.

The students research and produce a product (either a 5,000-word essay or an artefact with a 1,000 – 2,000 word essay) on any topic in which they are interested.

### Football boots



If any families have football boots (no metal studs) or Astroturf boots which no longer fit their children that they would be willing to donate to the college, the PE department would gratefully receive them!

Please ask your child to hand them to their PE teacher.

### Charitable Donations

The college was delighted to recently receive charitable donations from the Edmonds and Coles Charity [Society of Merchant Ventures] and Direct Line Group. We are very grateful of the financial support offered by these organisations which will be allocated directly to support our young people with their learning and specifically will be used to purchase additional IT equipment.

**Important notice :** The college has a supply of Period Products that are available free of charge. Any young person wishing to access this supply can simply register their name with their form tutor or via pupil support. Alternatively, products can be requested in confidence by sending an email from the young person's STBCC gmail account to [pupilsupport@stbcc.org](mailto:pupilsupport@stbcc.org) stating student name and tutor group. Products will then be delivered discretely to the young person directly.

### **The road to Oxbridge begins**

Following on from the incredible success of last year, the new cohort of Y12 Oxford and Cambridge hopefuls have recently taken their first steps in the application process. On Monday 22<sup>nd</sup> March, nineteen Y12 students attended a live virtual seminar about the application process. Seven students have also embarked upon masterclass seminars hosted by Corpus Christi College, Cambridge. These masterclasses will provide an insight into Cambridge applications, a virtual tour, and student panel discussion. Our students will be taking part in Medicine, Chemistry, Philosophy and HSPS masterclasses. We wish them the best of luck!

### **Areté students represent St Bede's in Bristol Climate Negotiations**

On Tuesday 30<sup>th</sup> March, four Arété Sixth Form students representing Year 12 and 13 took part in a mock UN climate change negotiation, hosted by Bristol University. The event was designed to provide A Level students with an insight into the world of international relations and politics. Virtually joining with students across Bristol, the group were required to strategically navigate their way through their aims in the negotiations, the interests of other delegations and ultimately voting on the important issues discussed. All four of the students demonstrated confidence, professionalism, and an incredible degree of intelligence. We are immensely proud of them, well done!

### **A New Sixth Form Enrichment Programme**

From Term 5, we are introducing new activities into our 6<sup>th</sup> form enrichment programme on Wednesday afternoons. Our aim is to offer students the opportunity to learn new skills, pursue new hobbies and create new friendships. New activities include the establishment of a Fair Trade stall, arts and crafts and gardening in our conservation area, among many others.

### **Message from the Secretary of State for Education**

The Secretary of State for Education has written to students to recognise the impact of the disruption they have faced over the past year and to thank them for their resilience. He outlined his continued commitment to supporting young people to recover from the disruption now that they have returned to school. The letter also highlights the importance of coronavirus (COVID-19) testing and the vital role this plays in helping to prevent the virus spreading. The letter can be found here: <https://bit.ly/39pYJgi>



## Matters of the Mind

### Top Tips : Coping with change and uncertainty

1. **Take stock of how you feel** : Put time aside to examine your current situation and consider how you really feel, perhaps talking it through with someone you trust. Acknowledging that the coronavirus outbreak is having an impact on you, and that this is to be expected, can also help you to manage the uncertainty.
2. **Focus on the short term** : The further we look into the future, the easier it is to get overwhelmed by long-term uncertainty. Instead, try to focus on the day-to-day, and think about what's in your power to do right now.
3. **Acknowledge what's working**: Even when it might feel like everything is up in the air or going wrong, there will be some things, however small, that do not change. It could be a close relationship, our favourite meal or a song that means something to us.
4. **Recognise your achievements** :It's been a really difficult time, and many of us have been tested in ways we never expected. We have all had to find new ways to cope and adapt.
5. **Find a new rhythm**: Routine and structure can be a powerful way to regain consistency and reduce uncertainty. A typical day has probably changed quite a lot for us all, so think about what is within your control and how you can create a new routine that works for you now.
6. **Try to stay in the moment** : Restrictions, regulations and the general situation are changing frequently, so it's important not to dwell on the past, fixate on the future, or get bogged down by things you do not or cannot know. You can only do your best with what you have today.
7. **Reframe your thoughts** : In difficult times like this, it can be easy to get caught up in negative thoughts, feelings and actions. For most people, at this time, feeling uneasy is an understandable response to the uncertainty present in everyday life.
8. **Decide what strategies work for you**: The uncertainty that changing restrictions bring for school, work, home or others' expectations can put a strain on our mental health and wellbeing.
9. **Only do what's comfortable**: As the situation evolves, it's important to make sure we are going at our own pace. We should not let others pressure us into things that make us feel uncomfortable, anxious or unsafe – but we also have to try to not let that be an excuse that stops us from doing positive and beneficial things, like safely staying in touch with friends.
10. **Get practical advice**: Talk to people you trust and get support if you need it. There is lots of help out there.

Extract from NHS : **Further details including how to get support;**

<https://www.nhs.uk/oneyou/every-mind-matters/>

## SAFEGUARDING SPOTLIGHT



Here are some top tips.

### Street Smart ?

Being street smart means knowing how to keep yourself safe when you're alone or with friends. Being street smart helps you to stay safe.

1. **Plan ahead.** Before you go out, think about how you are going to get home, e.g. can you travel home with a friend? What time does the last bus or train leave?
2. **Try to use well-lit, busy streets** and use the route you know best. Walk down the middle of the pavement if the street is deserted.
3. **If you are at all worried**, try and stay near a group of people or head to a shop or a garage.  
Avoid passing stationary cars with their engines running and people sitting in them.
4. **Try to keep both hands free** and don't walk with your hands in your pockets.
5. **Whenever possible, walk facing oncoming traffic** to avoid kerb-crawlers.
6. **Keep your mind on your surroundings** – remember if you are chatting on your mobile phone or wearing earphones, you will not hear potential trouble approaching.
7. **Never accept a lift from a stranger** or someone you do not know very well
8. **Keep valuables out of sight** – especially phone, wallet or purse.

**If you think you are being followed**, trust your instincts and take action. As confidently as you can, cross the road, turning to see who is behind you. If you are still being followed, keep moving. Make for a busy area and tell people what is happening. If necessary, call the police.

**Always** tell a parent or carer where you are, where you are going and when you will be returning home.

## **Year 12 student fundraising:**

Our sixth form community is incredibly proud to support our Year 12 student, Nikola Lenarciak who is currently fundraising for a Polish healthcare charity. Nikola is raising money by selling pieces of artwork, each piece individual. With a target of £250, Nikola is well on her way, with several pieces already sold. We wish her the best of luck!

