

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 316 1st October 2021

MESSAGE FROM MR KING, PRINCIPAL

Another great fortnight has passed at St Bede's and I write to commend the students on their attitude to learning and behaviours for excellence. As I mentioned in a recent letter, we have been focusing on the college's culture and developing an understanding of The St. Bede's Way. We wanted to clarify for students, families and staff the college mission and how we do things here. To that end, we have finalised two key documents linked below. They are the result of input from teachers, students and governors and reflect our joint vision for the college's present and future.

[Mission Statement](#)

[The St. Bede's Way](#)

We said a fond farewell to Father Cosmas this week as he celebrated mass with us for the last time. He has supported the college immensely over the last few years and for that we are extremely grateful. We pray he settles well in his new London parish.

The government this week confirmed that the guidance for twice weekly lateral flow tests remains in place for students and staff. For the sake of the health of all in our community, please do encourage your children to continue to take their tests regularly - We suggest Sundays and Wednesdays. The first pack of tests given at the beginning of term should run out this weekend, so students will be provided with new packs early next week.

Further information on what parents and carers need to know about schools during COVID-19 can be found [here](#):

Thank you for your ongoing support in this period of transition.

God bless,

Robert King
Principal



REFLECTION

Saint Francis of Assisi was a Catholic friar who gave up a life of wealth to live a life of poverty. He established the Franciscan Order of friars and the women's Order of the Poor Ladies.

His Feast day is celebrated on 4 October.

Reflection: St Francis believed that actions were the best example, telling his followers to "Preach the Gospel at all times and when necessary use words."

Prayer: Prayer of St. Francis

Lord, make me an instrument of your peace
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy;
O Divine Master, grant that I may
not so much seek to be consoled as to console,
to be understood, as to understand,
to be loved, as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to Eternal Life.
Amen.



EXTRAORDINARY MINISTERS OF THE EUCHARIST

Nineteen of our pupils were commissioned as Extraordinary Ministers of the Eucharist on Wednesday, 22nd September. Congratulations to: **Lottie Batt, Ryan Bennett, Tilly Carr, Aimee Chacko, Leonia Chaligha, Danny Che, Naina Cherian, Megan Mounter, Arppan Enchackal, Natalia Fraczak, Gloria Gromico, Imogen Hall, Nathan Hodges, Rose-Mary Joshy, Toni Matitu, Anastazja Mierzynska, Hanna Mulavarikkal, Oluwademilade Oluwole, Krystal Palmer, Minat Siby and Nivya Stephen.** Congratulations also to **Mr King, Mr McCarthy, Miss Mounter and Mr Loud** who were also commissioned.



DATES FOR YOUR DIARY

**Wednesday 6th
October**

**Year 12 University
Search,
Ashton Gate**

**Thursday
7th October**

**OPEN EVENING
6.30pm—8.30pm**

**Friday
8th October**

**Year 7 Viney Hill
Retreat depart**

**Sunday
9th October**

**Year 7 Viney Hill
Retreat return**

**Wednesday
13th October**

**Year 8 Kintbury
Enrichment Day**

**Thursday
14th October**

**Year 9 Kintbury
Enrichment Day**

**Wednesday
13th October**

**Year 7 Online
Consultation
Evening**

**Thursday
14th October**

**Year 7 E-Safety &
RSE Evening**

**Thursday
14th October**

**3.45pm—7.00pm
Dry Ski
Slope Session**

MUSIC AWARD

Congratulations to Morella, Year 10 who has achieved a Distinction in her recent Grade 4 Piano examination.

Well done! We look forward to hearing more about your progress.

Thank you for allowing us to print your photograph.



BRISTOL SCHOOLS RUGBY

Congratulations to year 11 pupil Connor and Jack who have been selected to represent Bristol Schools Rugby. Connor currently plays for Dings and Jack, North Bristol and are part of the Bristol Bears Aspire programme.

We wish you both the very best of luck and look forward to following your journey.

Thank you for allowing us to print your photograph.



NHS COVID-19 GUIDANCE DO I NEED TO SELF ISOLATE?

Please find below useful information outlining the new guidance on self-isolation.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

CONFIRMATION PROGRAMME AT ST JOSEPH'S AND ST FRANCIS

The Confirmation Programme at St Joseph's, Portishead and St Francis', Nailsea will be starting shortly. The programme will be open to any pupils in Years 9, 10 or above. Parents of any pupils who are interested should contact richard.elson@cliftondiocese.com

**St. Bede's Catholic College Open Evening
Thursday 7th October 2021 at 6.30pm**

DUKE OF EDINBURGH

Congratulations to the following students who completed their Duke of Edinburgh Award during the last academic year. It is such a fantastic achievement, especially during the pandemic.

Bronze Award—Pietro Di Lecce

Silver Award—Nathan Hodges, Riya Sajan, Natalie Carr, Leonia Chaligha, Toni Matitu, Limonie Mckeown-Sunderland and Hanna Mulavarikkal



Also a big congratulations to the student below who, due to the pandemic, could not complete an expedition last year but have earned their **Bronze Certificate of Achievement** for completing their Volunteering, Physical activity and Skill sections.

Alfie Norton, Izabela Garbien, Gloria Gromico, Jacob Heal, Dylan Land, Ted Jotcham Oliver Mainwaring and Cian Bryant

Between now and half term we will be recruiting for our next cohort of Silver (Year 10) and Bronze (Year 9) Information will come out via tutors. We already have 10 Year 12 students signed up for the Gold award.

We look forward to another successful year of the Duke of Edinburgh Award here at St. Bede's.

Dr Walsh
Duke of Edinburgh Manager

YEAR 9 NATIONAL CUP SUCCESS

Congratulations to our Year 9 Football team who were successful in the first round of the National Cup beating Bristol Cathedral School 4-1. A special mention to **Will Papp** who scored 4 goals.



FOUNDATION GOVERNOR VACANCY

St. Bede's Catholic College has a vacancy on the Governing Body for a Foundation Governor. We are particularly interested in anyone who can bring experience in Sites and Buildings or Finance although this is not essential. For further information:

<https://cliftondiocese.com/news/could-you-be-a-school-governor/>

If you would like to express your interest in becoming a Governor please contact Mrs C Walker, Clerk to Governors at c.walker@stbcc.org

SAFEGUARDING SPOTLIGHT

Dear families of Year 7 pupils

I wanted to take the opportunity to speak with you about your children's mobile phones.



Phones are a privilege and we understand that as parents and carers you want to know that your child can contact you on their way to or from school. Our school policy remains that if your child brings their phone into school, it is switched off and is out of sight.

Recently I have confiscated a number of phones from Year 7 students as they have been attempting to use them in school. I have also asked pupils to remove photos and videos from their phone which featured other children without their permission.

More concerning than this are some of the comments and picture messages I have been shown on social media sites, sent between members of Year 7. I would urge and encourage you to make sure you check your child's mobile device regularly with them to make sure you are happy with the content they are looking at.

Some tips for keeping your child safe when using their mobile phones are :

- For each app, check the age you have to be in order to have an account. The majority are 16 years +
- Remove mobile phones before bed time as screen time negatively affects sleep patterns.
- Keep mobile phone usage to communal areas of the home.
- There are apps available where you can mirror your child's phone onto your own so you can monitor their usage.
- Regularly review photos and chats with your child.
- Deal with issues that start on social media sites, is becoming a bigger and bigger part of our jobs each year as the Head of House/Year team. We all have a responsibility to help our students , your children, be safe when using their mobile phones.

Please do join us for our E- Safety evening on Thursday 14th October at 6.00pm where you will be able to find out more about keeping your children safe online.

ADMISSIONS 2022

If you wish to apply for a **Year 7 place for September 2022**, the Supplementary Information Form should arrive in College by **31st October 2021**.

The Supplementary Information Form is available on our website [here](#):

Parents must also have submitted the Common Application Form to their Local Authority by 31st October 2021.

VACANCIES

Cover Supervisor

31.25 hours per week (08.30 – 15.30, Monday to Friday, 15 minute morning break and 30 minute lunch break), term time only including 5 in-service training days. The annual salary for this post is St Bede's Grade 8, point 12-18 - £15,974 - £17,989

School Meals Supervisory Assistant

The usual hours of work are 12.15pm – 1.30pm Monday to Friday, term time only. The hourly rate for the post is £9.30 (increasing to £9.50)

Cleaner

The hours of work are 16 hours per week, Mon—Thurs 3.15pm—6.30pm and Friday 3.30pm—6.30pm. The hourly rate for the post is £9.30 (increasing to £9.50)

All posts at St Bede's are subject to a 6 month probationary period.

Please refer to our website for further information: <https://bit.ly/3kfFonN>

DESCARTES NEWS

Thank you to all Year 10 pupils who applied and went through a rigorous interview process for the position of Assistant House Captain for Descartes House.

A big congratulations to **Faye Rugman** and **Zuriel Malembe** who were successful.

I look forward to working with you this year,
Ms Johnston, Head of Descartes



ST BEDE'S COMMUNICATION POLICY

Please remember that the preferred method for contacting a member of staff is via email. Be aware that teachers are not in a position to check emails consistently throughout the day and the school does not expect work email accounts to be checked during a teacher's personal time (including evenings and weekends). We aim to respond to you as soon as possible, normally within one working day. Part-time staff may take longer to reply. You can view the whole communications policy at: <https://bit.ly/3kUuSTn>

WHAT'S THE BIG IDEA?

Key Stage 3 ICT and Computer Science students at St Bede's will be taking part in The Inspiring Digital Enterprise Award (iDEA) this year. iDEA a completely free online tool that students use to complete online challenges enabling them to win career-enhancing badges, unlock new opportunities and ultimately gain industry-recognised awards. It's ideal for anyone who wants to develop their skills.



There are three award levels - Bronze is beginner level, Silver intermediate, and Gold, when available, will be advanced.

iDEA learners range from school pupils to students to apprentices to jobseekers to returners to pensioners to entrepreneurs to people with special educational needs and people who have never even accessed the internet before.

The programme is the digital and enterprise equivalent of The Duke of Edinburgh's Award (the 'digital DoE') and is recognised by UCAS in the same way.



St Bede's Community Art Project!

Here at St Bede's we are running clubs and enrichment classes, all working towards one goal!

We want to build an Art installation to commemorate Remembrance Day, remember our veterans and serving/ fallen hero's. To do this we are working with a wide range of materials from felt, fabric and clay to create the symbolic flower, which we all associate with this important event.

The Art department would like to invite our wider community to get involved and here is how...

You could create your own Poppy using a material of your choice. For example, knitted, crochet, Sewn, clay, paper mache, soft sculpture, or painted! You decide! Ask your parents, grand parents, aunts, uncles and any other relative or friends you can think of!!

The more we have, the better our installation will be!

We hope to display both inside and outside for everyone to have the opportunity to see and share in this piece of Art!

Please can we have all poppies brought in to school by Tuesday 19th October.

If you have any further queries, please do not hesitate to contact me
l.mccauley@stbcc.org

We cannot wait to see your creations!



Matters of the 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 keeps you awake and alert at the wrong end of the day.

Wind it down

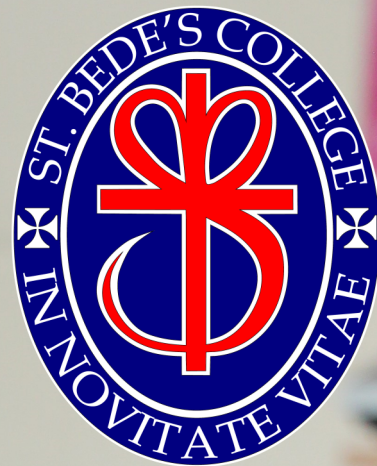
A bedtime routine is not just for very young children! Having a consistent wind down sleep schedule relaxes you before bed and helps with feelings of sleepiness.

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/>



**St. Bede's Catholic College
Open Evening**

Thursday 7th October 2021 at 6.30pm

We warmly welcome prospective year 5 and 6 pupils and their parents
to our Open Evening between 6.30pm—8.30pm

Mr King Principal, will give an address on the evening at 6.30pm repeated at 7.15pm