

St. Bede's Catholic College

Specialist Science and Sports College



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Newsletter

Issue 321 17th December 2021

*Wishing our families and
parishes a Happy, Holy
and Peace filled Christmas*



MESSAGE FROM MR KING, PRINCIPAL

At this time of year I reflect on the words of the 30th US President, Calvin Coolidge:
"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."

Our college community has demonstrated these virtues through this year, showing love in our actions and supporting each other during times of difficulty. To further develop this spirit next year, I invite you to suggest people you would like the community to pray for <https://forms.gle/H3ZLukbee8oKvZs97>: we will include them in this fortnightly newsletter.

The new Omicron variant looms large over this Christmas holiday, so I encourage you all to keep testing, especially before visiting friends and relatives and to take up the booster vaccinations when you are eligible. Can I ask that families help further support the college in keeping everyone safe by ensuring students have face coverings every day from our return in January. The Health and Social Care Secretary announced on Monday 29 November that young people aged 12 to 15 in England will be offered a second dose of the Pfizer-BioNTech COVID-19 vaccine, following advice from JCVI. We believe these will take place in college in the spring. Parents of children aged 12-15 that have not yet had their first vaccine can book their child's first vaccination slot over the winter break via the [national booking system](#).

I wish you all a wonderful Christmas period, a time of hope and joy, and I look forward to working alongside you again in 2022.

God bless,

Rob King
Principal



Thank you to our anonymous donor for the wonderful Christmas tree

REFLECTION – 25 December – Nativity of the Lord

What is the real meaning of Christmas? Is it the gifts under the tree, the lights in the windows, the cards, eating turkey with family and friends? It is all of these things and so much more.

Christmas is a season of great joy. It is a time of God showing His great love for us. It is a time of healing and renewed strength. Christmas is when we celebrate the birth of the Christ child. God sent His Son, Jesus, into the world to be born. His birth brought great joy to the world. Shepherds, wise men, and angels all shared in the excitement of knowing about this great event. They knew this was no ordinary baby. The prophets had told of His coming hundreds of years before. The star stopped over Bethlehem just to mark the way for those who were looking for this special child.



Why did God send His son to this sometimes cruel and hard world? He sent Jesus to us so that one day, He would grow up to become a very important part of history. His story is one of truth, love, and hope. It brought salvation to all of us.

Wishing you a happy and holy Christmas.

Reflection: I bring you news of great joy: today a saviour has been born to us, Christ the Lord. Luke 2: 10-11

Prayer:

Dear Lord

May this Christmas be full of peace within our hearts.

May we be reminded of new birth, and of redeeming love.

May we dwell within each moment and savour all we have.

May we find hope and power to pray for things that make us sad.

May our hearts be ever thankful and our faith rise up high in praise.

St Bede's Way Spotlight: Be kind.

Our St Bede's Way Spotlight this week falls on **Jayden Blake** in year 11.

Since September, Jayden has been doing a lunch duty off his own back to help and support our community. He is reliable, well presented and always goes the extra mile to help others. This week, Jayden was presented with a prefect tie and we look forward to continuing to work with him as one of our House Prefects. This is a fantastic experience for Jayden as he plans to join the police force in the future. Thank you Jayden for all your hard work!



Thank you for allowing us to print your photograph

DATES FOR YOUR DIARY

Monday
3rd January
BANK HOLIDAY

Tuesday
4th January
START OF TERM 3

Monday
10th January
Week of Year 12
classroom exams

Monday
10th January
Year 13 Mock
exams commence

Wednesday
12th January
GCSE & A Level
Theatre trip

Thursday
13th January
Year 10
Parent's Evening
4.00pm—7.00pm

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ADVENT AND CHRISTMAS SERVICE

On Wednesday 15th December our college community came together for our two Advent Services.

The atmosphere created was truly magical and a beautiful way to start the Christmas break.

Thank you to our pupils and staff for their hard work and our families and parishes for joining us.



BOOK HAMPERS

"The more things that you read, the more things you will know. The more that you learn, the more places you'll go." Dr Seuss - I can read with my eyes shut!

As part of our school-wide commitment to reading, this week Mr King presented book hampers to fifteen lucky recipients for them to enjoy over the Christmas holidays.



STAGGERED RETURN

The government has asked schools to complete one round of lateral flow tests with students on their return to college from the Christmas break. For this reason we will need to have a staggered start to the term, similar to September.

Tuesday 4th January
Only Year 9, 10 and Post 16 will attend

Wednesday 5th January
Only Year 7, 8 and 11 will attend

Thursday 6th January
All students will attend

Remote education will be provided for students working at home.

LEGO CLUB

Congratulations to our Lego Club students who have been working hard to complete the challenge at the beginning of term to: Build a home, with a chimney which is decorated for Christmas!

We have loved seeing your creativity as you work together to make your ideas come to life.

Thank you to our Lego Mentors for all your help and to Mrs Smith who had the most difficult task of judging.

Lego club will commence again in Term 3.
Have a wonderful Christmas everyone.
Mrs Gouveia De Castro



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CHRISTMAS CAROLS AT CABOT CIRCUS

On Monday 6th December and Tuesday 7th December St. Bede's Choir and Musicians performed an array of Christmas Carols at Cabot Circus. We were delighted once again to get the opportunity to perform at the shopping centre. We were pleased to raise £197.92 for our college charities.



AN INFORMATIVE TALK FOR YEAR 13 STUDENTS

On Wednesday 9th December, Year 13 EPQ students attended a talk from Dr Becki Nash from the University of Southampton.

Dr Nash provided the students with some tips and guidance on how to write their project; particularly focused on referencing and editing as they come to the end of their research project that they commenced in the summer term last year. She shared her experience and knowledge of a huge variety of projects but also her own academic journey, learning from her mistakes and successfully completing her PhD.



RSE DAY

On Tuesday 14th December, Year 11 participated in a day assigned to Relationship, Sex and Health Education (RSE)

The students were engaged in a series of workshops and activities and the event was thoroughly enjoyed by all.



ST BEDE'S CYBER CHAMPS

The CyberFirst Girls Competition is an exciting opportunity designed to help girls between the ages of 12-13 understand what a career in cyber security looks like, why it matters and where it could take them. It is co-hosted by the National Cyber Security Centre – a part of GCHQ, the Government's security and intelligence service.



For 10 days in November and December, three teams of Year 8 girls from St Bede's Catholic College used their spare time in school and at home, to tackle a wide range of online cyber security challenges.



Last week we were informed that one of our girls' teams qualified to be one of the 12 teams representing the West of England in Exeter in February. As half of the qualifying teams are from selective schools (including 4 or 5 grammar schools), their achievement was amazing! Congratulations to **Martyna, Leona, Leona and Niamh** on this amazing feat and good luck for the finals in February!

Thank you for allowing us to print your photograph

GOING FOR GOLD

In November, over 300,000 students participated in the UK Bebras Computational Thinking Challenge. Amongst this number were nearly 600 ICT and Computer Science students from St Bede's in Years 7 to 10.

The Bebras Challenge is co-hosted by Oxford University and by the Raspberry Pi foundation. The entrants have to try and successfully solve a set of online computational thinking problems within a 40 minute time frame.

The top 10% of the entrants who participated from the UK and from overseas are given a Gold Award. They are also automatically entered for Oxford University's Computing Challenge next February, an invite-only competition.

Congratulations to the 47 students from St Bede's who have qualified for the Gold Award, an incredible feat in a competition whose Halls of Fame have been traditionally dominated by the UK's top performing private and selective schools!



SPORTS NEWS

RUGBY

Congratulations to the year 8 rugby team who have played so well both in the semi-finals and final of the Bristol School's competition.

The semi final was against Bristol Cathedral School, we played well and we had a very convincing win 75-0.

In the final we met Oasis John Williams and even with some excellent individual performances (amazing tackling from **Max Harrison** and **Anthony Papp**, and breaking runs from **Harley Perrett** and **Rhys Greenaway**) we struggled to break them down. Oasis were deserving winners and the final score was 30 - 5. It has been fantastic to see the year 8 team back enjoying their rugby after missing last year's competition, so please congratulate all of the players for their efforts this season.

The year 7, 9 and 11 finals will be taking place in the New Year.

FREE NHS APP HELPS YOU CARE FOR YOUR SICK CHILD

Are you caring for a poorly child and don't know who to turn to for advice? The HANDi App, developed for the NHS by a team of paediatric experts, provides support to parents/carers and medical professionals looking after children with the most common childhood illnesses. These include diarrhoea and vomiting, high temperature, abdominal pain, chest problems such as wheezing and asthma, and common problems experienced by newborn babies.

As well as providing up-to-date NHS advice on common childhood conditions and how to treat them, the HANDi App has a quick and easy-to-use child symptom checker. The app takes you through a series of questions about the symptoms your child is experiencing and then advises on the best course of action, whether that's to treat at home, to make a GP appointment, or to head to A&E. Each of the most common childhood illnesses has a Home Care Plan to help you provide the best support for your child.

Download the HANDi App today

<https://bnsgccg.nhs.uk/get-involved/campaigns/download-handi-app/>



ABRSM MUSIC EXAMINATION

Congratulations to year 11 student **Nathan Wong** who was awarded a Distinction in his Grade 6 Violin Examination. A great achievement, well done!

PRIZE DRAW HAMPERS

Ten St. Bede's families are enjoying the treats they have received following this year's hamper draw. Best wishes to all recipients

WELLBEING AND CAREERS DAY

We are so very proud of all the Year 11 students who took part so enthusiastically in the Wellbeing and Careers Day on Thursday. What a success!

We were blessed with perfect mild and dry weather for the fantastic array of outdoor activities delivered by Mojo Active - I think it is safe to say that zorb football was a hit with almost every student! Even those that ended upside down or struggled to extract themselves from the zorb with any dignity. Archery tag was another favourite - "Miss, it's like the Hunger Games but without the real arrows - it was so much fun!" It was enjoyable watching the students work effectively together for the team activities (how hard is it to sit on a chair?) and throw themselves into all challenges given. The competitiveness and camaraderie between students on the mini assault course activities was inspirational. Tug of war was taken very seriously indeed.

The feedback from the careers part of the day was equally positive with students learning about tax and national insurance, the difference between employed and self-employed, employability skills and also a mock interview. The interviewers were very impressed with how articulate and focused our students with a large number of them already having clear career goals and aspirations. Although there were a few comments about maybe not attending real interviews covered in mud.

Students had the opportunity to login to and explore Unifrog which is an online careers platform. Students are encouraged to login to Unifrog regularly from home to find out more different career paths that they are interested in as well as finding out about apprenticeships and university courses

Thank you so much to everyone who made today possible and again to the students for their enthusiasm and energy. Have a lovely Christmas. Ms Mitchell and Mrs Bartlett-Cosway



MATTERS OF THE MIND

Christmas can be difficult for anyone, at any point in their life. You might be struggling this year for the first time. Or you may have found Christmas difficult in the past, and you're dreading it again this year. You may also enjoy Christmas, but not be able to celebrate it how you'd like to. Or you might find some parts enjoyable, but other parts stressful.

Some good advice is available here: <https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/why-christmas-is-hard/>

Get help

If you are struggling to cope and need to talk, trained 'Shout Volunteers' are available for you, day or night.

If your life is at imminent risk, please call 999 for immediate help.

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.

shout
85258
here for you 24/7

HOLIDAY HUB WINTER SCHOOL

Your Holiday Hub winter school holiday food and activity programme available for free school meal families

Children and young people who are eligible for free school meals will be able to access over 190 four-hour inclusive, free sessions at Your Holiday Hubs (YHH) across the city this school winter holiday.

Around 35 organisations across the city will be running YHH programmes during the break, which will include a variety of fun activities, offering opportunities to learn and develop skills, alongside a nutritious, hot meal.

Activities include sport, cooking, arts and crafts, drama, dance and music, with organisations like Bristol City Robins, Bristol Somali Youth Voice and the SS Great Britain Trust. A list of organisations and locations running YHH programmes are available on the Bristol City Council website here: Find a holiday activity in your area - <https://www.bristol.gov.uk/people-communities/find-a-holiday-activity>

The YHH programme also includes over 3,500 food parcels from FareShare South West, which will be going to around 40 different organisations across the city, as well as 1,400 activity packs from the Children's Kitchen, Unique Voice and Children's Scrapstore. Provided as part of the government's expanded Holiday Activities and Food (HAF) programme, the scheme provides enjoyable activities and nutritious meals for primary and secondary school aged children who are eligible for benefits-related free school meals. Bristol City Council is working with local schools, voluntary and community organisations, and childcare providers to provide the HAF programme (Your Holiday Hub). The free places are funded by the Department for Education.

YEAR 11 PREFECT PIZZA

Year 11 Prefects were rewarded with a pizza lunch this week in recognition of their efforts as college prefects since September.



WORKING TOGETHER

This term Mrs Smith and Ms Sharp delivered an assembly to girls in 8 and Year 9 respectively. The assembly is an introduction to 'Girls on Board' - a programme that works with girls, in particular, to help manage their relationships and friendship issues. The assembly was received very well; it is work in progress and is to be followed up with workshops in the New Year.

We also aim to do the same with the Year 10 and Year 11 girls with a view to later doing something similar with the boys and then ultimately to come together in order to help support our young people - to support them and give them the tools to manage their relationships with understanding, compassion and self-confidence.

Here is the [link](#) to the Parent Booklet should you wish to find out more; it's good to work together.

SAFEGUARDING SPOTLIGHT

Top Parenting Tips from the NSPCC

Understanding your child's needs

School-age children are constantly learning and exploring their world. They may have lots of questions as they start to form their own views on issues. As they move towards being more independent they may seem to push boundaries and become more challenging. This is a necessary part of growing up.

As children continue to develop their own identities in their teenage years, they might become more challenging – sometimes seeming 'moody' or withdrawn, or not as talkative and open as their parents would like. They might be more inclined to disagree with their parents, or choose different views. Friends (and celebrities) will become a bigger influence and your child may not always do what you would like.

As children get older, they can experience difficult emotions. Some children find it hard to talk to their parents about feelings and may want to speak to Childline 0800 1111, childline.org.uk

How can I set boundaries?

All children need love, guidance and to have rules and boundaries. Rules and boundaries help families to understand how to behave towards each other, and what's OK and not OK. But the best way to go about this will vary based on your child's age and stage of development. All children are different and develop and reach milestones at different rates.

Rewards and discipline

Different parents will have different views about the best ways to encourage children to adapt their behaviour. While some younger children may respond well to incentives like reward charts, and some older children may respond to the offer of being allowed to stay out a bit later, other children won't.

Building positive relationships

If parent-child relationships become damaged, it can affect the way a child feels or behaves. Finding ways to show unconditional love and affection to your child is important. But this can be easier said than done, especially when you're tired or juggling different needs.

Keeping your cool

It's important to find ways to relieve your stress and manage if you're feeling upset or angry. Lots of things, not only children's behaviour, can make us feel stressed – from family relationships to managing a work-life balance, health, housing, poverty, unemployment and much more. You want to be the best parent you can, but being stressed is stressful!

Family Lives provides help and support on all aspects of parenting and family life, and runs Parentline. 0808 800 2222 familylives.org.uk

Extracts from NSPCC – Positive Parenting – Every Child is Worth Fighting For
You can download a copy [here](#)

An information booklet has been produced by Bristol City Council and Off the Record for young people, parents, carers and families to help [Survive and Thrive this Winter](#).