

St. Bede's Catholic College

Specialist Science and Sports College



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Newsletter

Issue 322 14th January 2022

MESSAGE FROM MR KING, PRINCIPAL

A new year comes with new hopes, plans and resolutions. It can be a time for optimism and excitement as we consider what is possible in 2022. To make these dreams a reality we are often encouraged to share them publicly and ask for support from loved ones. In this spirit, I would like to share two of my aspirations for the college this year:

1. Continue our focus on why we are strong together. Explore the commonalities that draw us together within our community.
2. Celebrate our diversity. Look at why our different histories and cultures bring strength to our college family.

Please encourage your children and all those within our community to embrace these aspirations and support each other in their completion.

This week the Year 13s have begun their mock exams. Their hard work and organisational skills have been impressive and we hope their results are just reward.

We are also approaching the exciting time of subject options for Year 8 and Year 9 students. Please can I encourage families to be vigilant for options booklets being distributed by email and invitations to the options evening. We look forward to working with you to ensure your child makes appropriate decisions about their future studies.

To finish, let me thank you all again for your support of our COVID-19 measures. Cases have remained low in the student and staff body because of the good work around cleaning, ventilation, face coverings, testing and vaccinations. We will continue to make this a priority for the rest of the this term. Another change to the self-isolation guidance will come into effect on Monday 17th January. Please read the article later in this newsletter for more details.

God bless,

Rob King
Principal



REFLECTION – 13th January - St Hilary of Poitiers

The Feast Day of St Hilary of Poitiers is celebrated on 13th January.

Hilary of Poitiers was Bishop of Poitiers and a Doctor of the Church. His name comes from the Latin word for happy or cheerful.

Hilary was born at Poitiers either at the end of the 3rd or beginning of the 4th century A.D. His parents were pagans. He received a good pagan education, which included a high level of Greek. He studied, later on, the Old and New Testament writings, and with his wife and his daughter was baptised and received into the Church, after which he was appointed as Bishop. He was one of the great champions of Catholic belief in the divinity of Christ. His ambition was to be called a pupil of the truth. The truth being found in the Gospel messages.

Hilary died in Poitiers in 367.

Pope Pius IX formally recognised him a Doctor of the Church in 1851.



Reflection

"I am well aware, almighty God and father, that in my life, I owe you a most particular duty. It is to make my every thought and word speak of You." St Hilary of Poitiers.

Prayer:

Grant, we pray You, Almighty God, that the example of St Hilary and that of all Your Saints may lead us to a better life, so that by keeping their feast-days we may be brought to imitate their good deeds. St Hilary was a champion of the Truth; may we never tell lies to excuse ourselves, to hurt others, to gain or to make ourselves look more important. Through Christ Our Lord. Amen.

St Bede's Way Spotlight: Work hard

The St. Bede's Way Spotlight identifies someone who stands out as exemplifying one of our three St Bede's Way principles of "Work Hard. Be kind. Do the right thing."

This week it falls on **Sharlene Careng** in year 10. Sharlene, who represents the county in junior and senior leagues, has had a successful year competing in various badminton competitions.

In 2021, Sharlene competed in Badminton England circuit tournaments held in Bristol, Gloucester, Hertfordshire, Hampshire, Devon, Warwick and Wiltshire. Her victories included a bronze medal in girls' singles at Warwickshire U15 Bronze Tournament and a first place finish in girls' singles at Swindon Stars U15 Bronze Tournament in October. In December, she won a bronze medal in mixed doubles at the NWBP Under-19 Bronze Badminton Tournament, held at Calne Community Campus.



Thank you for allowing us to
print your photograph

Sharlene your hard work exemplifies our St Bede's Way principles. We are so proud of you.

DATES FOR YOUR DIARY

**Thursday
20th January**

**Year 9
Curriculum
Evening**

6.00pm

Group 1
Tutor Groups:
9BAW, 9BJMB,
9PTHP, 9PBD

7.00pm

Group 2
Tutor Groups:
9DHA, 9DFM,
9SAMA, 9SPB

**Thursday
27th January**

**Year 8
Curriculum
Evening**



UNIFORM COLLECTION

If you have placed an uniform order on SCOPAY and have not yet received your items, please ask your child to collect it from reception.

DUKE OF EDINBURGH

Over the last term we have had a number of students complete awards that were started in previous years. Certificates for Bronze and Silver will be handed out in assembly over the coming weeks.

Congratulations to **Will Wood** and **Jasper Left-Charnock** for finishing their Bronze Certificate of Achievement (given to students who could not undertake their expeditions due to COVID-19).

Congratulations to **Louis Newman** and **Erin O'Callaghan** for completing their Bronze Award and to **Nikola Lenarciak**, **Emily Ridewood**, **Erin Taylor** and **Ella Banim** for completing their Silver Award.

Finally a big congratulations to **Anna Harris** for completing her **Gold Award - an amazing achievement during the pandemic!**

We have over 200 students currently engaging in the award across years 9 to 13. This means that this summer we are organising 15 expeditions! Please bear with us for the exact dates while we confirm the final details.

If you have any questions please do not hesitate to contact Dr Walsh on j.walsh@stbcc.org

Dr Walsh
Duke of Edinburgh Manager



Thank you for allowing us to print your photograph

PRAYER LIST

This week we invite our college community to pray for:

Brian B, Emily P, Vicky M, Jonathan T, Steve C, Emily C, Phyllis B and Christopher W



We welcome your suggestions for people to pray for in our next newsletter. Please follow the link below:

<https://forms.gle/qq5Te9HiCgtPgKMU7>

CURRICULUM CORNER: PSYCHOLOGY

What are we studying in Psychology at A Level this term?

Relationships

This term in A level Psychology Year 13 are studying a new topic: the psychology of romantic relationships with Ms Davies. We have been learning about the evolutionary explanations for partner preferences: how characteristics that have helped us to adapt and survive are preferred when choosing a mate. This week we will be studying the importance of self-disclosure when romantic relationships form, and how trust develops when we make others feel special.

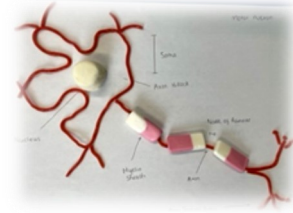


Follow the link for some interesting reads and tips on sleep disorders and how smartphones interfere with sleep quality:



<https://www.psychologistworld.com/sleep/>

Biopsychology including Biological Rhythms



Ms Tufton's year 13 class are studying Biopsychology, and had great fun creating their own neurons out of sweets in class (!)

Soon they will be studying Biorhythms such as the sleep wake cycle. DJ Peter Dinklage famously took part in a "Wakeathon" to raise money for charity where he stayed awake for 201 hours. He was monitored by doctors and psychologists during his experience. After five days he started to hallucinate and thought he saw people who weren't there, spiders coming out of his shoes and cobwebs on people's faces. Human beings have 5 stages in a sleep cycle. It was concluded from this case study that sleep deprivation significantly affects brain function and that his hallucinations likely occurred when he should have been dreaming (also known as REM sleep).



What are we studying in GCSE Psychology?

Criminal Psychology: Year 10 are studying the neuropsychology of crime to find out if the brains of criminals might work differently to those of normal people. They've looked at the evidence from contrasting studies, one designed to see whether playing violent computer games causes children to behave more aggressively, and one designed to find out if highly extroverted teenagers are more likely to commit crimes

Sleep & Dreaming: In Mr Goodman's class, Year 11 have been trying to understand why we dream, which led to their first encounter with Sigmund Freud. Are our dreams the result of random electrical signals or are they deeply meaningful, revealing secrets from our early childhood experiences and our unconscious desires?

Term 3 Suggested reading for Psychologists

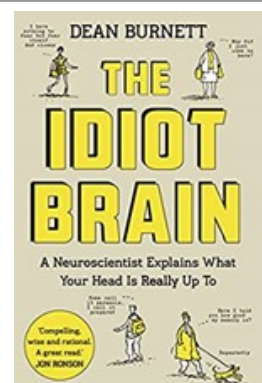
Motion sickness.

Nightmares.

Forgetting people's names.

Why did I walk into this room??

In The Idiot Brain neuroscientist Dean Burnett celebrates the imperfections of the human brain in all their glory, and the impact of these quirks on our daily lives. Expertly researched and entertainingly written, this book is for anyone who has wondered why their brain seems to be sabotaging their life, and what on earth it is really up to.



ENGLISH AS AN ADDITIONAL LANGUAGE

We are pleased to announce that the EAL (English as an Additional Language) department is being further developed. EAL lessons and interventions will take place every Tuesday to help pupils whose first language is not English.

If you feel your child is in need of additional help with their English or, if you would like some support as a parent, then please contact Mrs Shiga at the college c.shiga@stbcc.org

POLITE NOTICE

Please can we ask that parents and carers are mindful when parking to collect their children at the end of the college day and avoid parking in the coach bays, by Lawrence Weston Social club and on the double yellow lines near the junction of Lawrence Weston Road and Long Cross.

We have had a number of incidents where our college buses are struggling to park and turn in and out of the road safely.

Thank you

CHARITY FUNDRAISER

At the end of the Term 2 the Year 11 ASDAN group organised a 'Guess the number of Sweets' with proceeds going to the College Charities. We were delighted to present the winner Max, who guessed 279 when the exact number was 280! Well done Max! Also well done to the team who raised £50.70 and to the pupils who participated in the fun...there were some interesting strategies deployed!



NHS COVID-19 VACCINATION DROP-IN CENTRE

NHS COVID-19 Vaccination Centre at the main Greenway Centre in Southmead is operating a drop-in centre offering 1st, 2nd and booster doses of the Pfizer vaccine.

They are open 7 days a week from 8am to 8pm for adults and children over 12 years of age.

**COVID-19
Walk-in
Vaccination Centre**

THE GREENWAY CENTRE,
SOUTHMEAD, DONCASTER ROAD, BS10 5PY

7 DAYS A WEEK
FROM 8AM TO 8PM
NO APPOINTMENTS NEEDED
NO WAITING TIME
FREE PARKING

07756448756

CHANGES TO THE SELF-ISOLATION PERIOD FOR THOSE WHO TEST POSITIVE FOR COVID-19

From Monday 17 January, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be reported to NHS Test and Trace. If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

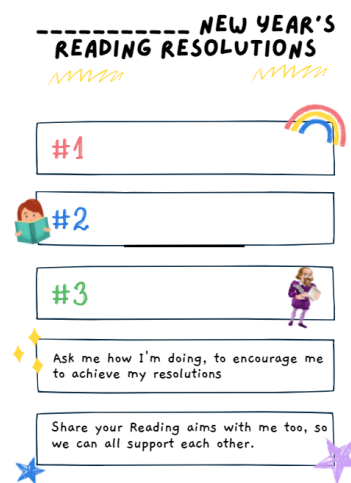
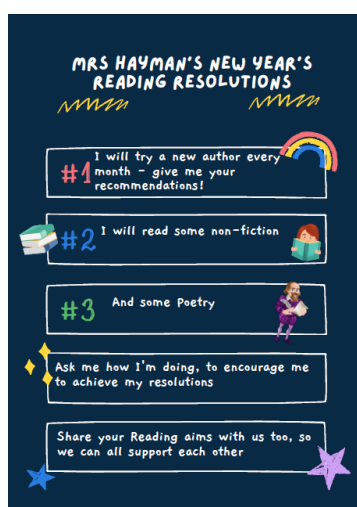
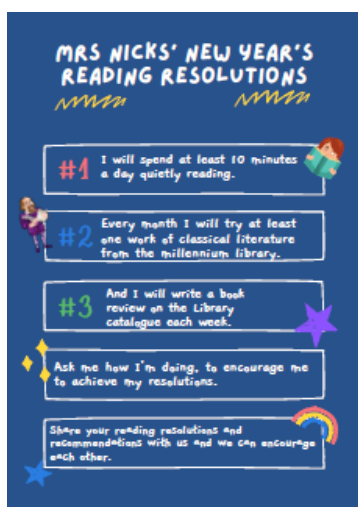
LIBRARY NEWS

Welcoming 2022—Our New Year's Resolutions

We are all about big plans for our reading in 2022 in the Library this week. You can see Mrs Hayman's and Mrs Nick's resolutions below, and we are inviting all students and staff to join us so we can support each other to reach our reading goals during the year ahead.

We are pleased to announce an exciting reading opportunity!

We would like to introduce community wide reading to encourage families to read together this term. If you would be interested in joining in, please email us on librarydesk@stbcc.org, letting us know the ages of the young people involved. Once we have an idea of interest levels we will be back in touch with a choice of books. We hope to create some displays of reviews and artwork on our chosen books.



Our **Author of the fortnight** in the library is Patrick Ness, a Young Adult Fantasy writer who is one of our favourites for Year 8+. He writes tense in the library is Patrick Ness, a Young Adult Fantasy writer who is one of our favourites for Year 8+. He writes tense novels with an 'other world' feel.

STEM IN DESIGN & TECHNOLOGY

Students studying Design and Technology and Product Design are taking part in the James Dyson Foundation this term.

The Design and Engineering material provided by Dyson unpacks the Dyson technology, harnessing young people's curiosity for how things work. It includes the Dyson DC39 vacuum cleaner, Carbon Fibre Turbine Heads and Tangle-free Turbine Heads. Students have been taking these apart to better understand how and why the technology works.

Once they got up close to the technology students built on their knowledge of design thinking, to understand the design process, working on their own problem solving technologies. Students also learnt about the diversity of Design and Engineering jobs and the passion for solving problems that designers have in common.



SAFEGUARDING SPOTLIGHT

Sugar smart?

In a recent study into the increasing problem of excessive sugar intake, Public Health officials have published some alarming facts; The number of sugar cubes (each containing 4g of sugar) in popular drinks;

- 15.5 Lucozade (500ml)
- 13.5 Coca Cola (500ml)
- 12.7 Frijj chocolate milkshake (471ml)
- 8.25 Capri-Sun (330ml)
- 7.5 Tropicana orange juice (330ml)
- 7.25 Ribena (288ml)

The study, carried out by Public Health Liverpool confirmed that many young people are generally eating three times more sugar than recommended daily amounts.

If you are concerned about sugar intake, here is a useful set of resources, including an App for checking sugar content in common foods;



<https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/>

MATTERS OF THE MIND

Avoid unhelpful social comparisons

Comparing ourselves with other people can have a big effect on how we feel. Sometimes this can be a good thing - motivating us to do better, when we think we can do as well as those we admire. However, if we don't think we can be as good, it can have a negative impact on our self-esteem. Social media and consumer advertising can make this worse, and lead to a treadmill of 'keeping up with the Joneses.' Limiting exposure to social media and television advertising can help this.



VACANCIES

Learning Support Assistant

30 Hours per week, over 5 days Term time only including in-service training days.

Governors of St Bede's wish to appoint a Learning Support Assistant to join the existing team to provide small group and in class support across the 11-16 age range. This post is to commence as soon as possible. The actual annual salary for this post is £13,617 (FTE £19,698) The successful candidate will be required to undergo enhanced Disclosure and Barring Service Check. All posts at St Bede's are subject to a probationary period of six months.

A job description and application form can be obtained from our website. Closing date for receipt of completed application forms is noon on Monday 24th January 2022.

ST BEDE'S ACCREDITATION

We have been supporting the payment of the Living Wage for a number of years and are now delighted to have been accredited formally as a Living Wage employer by the Living Wage Foundation.

The real Living Wage is the only UK wage rate that is voluntarily paid by businesses who believe their staff deserve a wage which meets everyday needs.

