

# St. Bede's Catholic College

*Specialist Science and Sports College*

T: 0117 377 2200

E: [contact@stbcc.org](mailto:contact@stbcc.org)

W: [www.stbedesccl.org](http://www.stbedesccl.org)

Tw: STB\_Bristol



## Newsletter

Issue 326 28th March 2022

### MESSAGE FROM MR KING, PRINCIPAL

The students and staff at St Bede's have continued to be shocked and horrified by the pictures and stories coming from the war in Ukraine. The impact on civilian life is unimaginable and the fact that ten million Ukrainians have had to flee their homes is sobering. I was so proud of the students on our Day for Ukraine last week when they accessorised their uniforms in blue and yellow in solidarity with the people of Ukraine. £900 was raised for the CAFOD's Ukraine Humanitarian Appeal. We pray that peace comes soon. As well as looking outwards in the world, we continue to work to improve the feeling of acceptance and belonging for all members of our St Bede's community.



This month we began work towards the [Anti-Racist School Award](#) aimed at celebrating our successes but also identifying where we could improve in this area. The college has also this week adopted the [Halo Code](#) which means we champion the right of staff and students to embrace all Afro-hairstyles. St Bede's explicitly acknowledges that Afro-textured hair is an important part of our Black staff and students' racial, ethnic, cultural and religious identities, and requires specific styling for health and maintenance. We are only the second school in the city to do this.

Staff absence due to COVID-19 has become very challenging over the last fortnight and we appreciate all your support as we work hard to maintain an excellent experience for all students.

### HIGH SCHOOL MUSICAL SUCCESS

Last week, over 75 students took part in the college production of High School Musical. We would like to say a huge thank you to the cast, crew, band members and Miss Adams and her team, for their commitment and dedication over the past 6 months. Their hard work and talent culminated in three superb performances that were sold out each night.

The Performing Arts staff are incredibly proud of each of the students involved and it is clear that the cast, crew and band thoroughly enjoyed the experience too.

Thank you to all parents and carers for your support and to all audience members who came to watch the production. Watch this space for details of upcoming concerts and performances.



## DATES FOR YOUR DIARY

### 26th March

Year 10  
Duke of Edinburgh  
Training (1)

### 31st March

Year 12  
Parents' Evening  
4.00pm—7.00pm

### 2nd April

Year 10 Silver DoE  
training

### 5th April

Spring Concert and  
Art Exhibition

### 6th April

Year 8 HPV  
Vaccinations

### 7th April

END OF TERM 4  
2.00pm finish



## REFLECTION 25 March – The Annunciation of the Lord

This week we celebrate the feast of the Annunciation of the Lord

The feast of the Annunciation marks the visit of the angel Gabriel to the Virgin Mary, during which he told her that she would be the mother of Jesus Christ, the Son of God.

It occurs 9 months before the birth of Jesus on Christmas Day, the Annunciation marks the actual incarnation of Jesus Christ - the moment that Jesus was conceived and that the Son of God became the son of the Virgin.

The festival celebrates two things:

- God's action in entering the human world as Jesus in order to save humanity
- Humanity's willing acceptance of God's action in Mary's freely given acceptance of the task of being the Mother of God

The story of the Annunciation has produced three important liturgical texts, the Ave Maria, the Angelus, and the Magnificat.

- The angel's greeting to Mary, which is traditionally translated as "Hail Mary, full of grace, the Lord is with thee".
- The Angelus consists of three Ave Marias, together with devotions to the Ministry of God, is said three times a day in the Roman Catholic Church at 6.00am, 12 noon and 6.00pm
- The Magnificat (Luke 1:46-55) is the poem with which Mary responds to the Annunciation and celebrates the power of God.

**Reflection:** Mary said, "Behold, I am the handmaid of the Lord, let it be to me according to your word."  
Luke 1:38

**Prayer:** Dear God, we thank you for your servant, Mary, who joyfully and faithfully brought your son Jesus into the world. Like Mary, may we also bring the light of Christ to everyone we meet. Amen.



## St Bede's Way Spotlight: Work hard, Be kind and Do the right thing

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.**"

Congratulations to **Eleri** who has been sorting and packing donation boxes for the Ukrainian appeal at St Augustine's of Canterbury Catholic church in Downend.

**Eleri, your kindness exemplifies our St Bede's Way principles.  
We are proud of you.**



Thank you for allowing us to print your photograph

## DUKE OF EDINBURGH AWARD



Congratulations to **Jasper** and **Will** who were recently awarded their Bronze Duke of Edinburgh certificates in the Bell Burnell assembly.

Thank you for allowing us to print your photograph.

## SPORTS NEWS

### Rugby

Last week the year 7 rugby team experienced their first sevens competition. Congratulations to **Augustine, Tiago, Dijon, Jonny, Ollie H, Tachari, Xavvie** and **Aidan L** who all participated.

The competition started with a comfortable win against Bristol Cathedral and then a narrow loss to QEH by one try. This meant the team qualified to the Plate Finals, where they met Redland Green in the semi-final. They moved the ball around very well and ran in several tries to progress into the Plate Final, where they met Clifton College. The boys made a perfect start with a try straight from kick-off, but Clifton settled and ran in several of their own. The final score saw Clifton winning 6-2. The boys should be very proud of their performance. Well done.

Congratulations to year 9 students **Henry, Will, Lucas** and **Tom** who were selected to represent the Under 14 Bristol team to play Stroud. Unfortunately, Tom broke his arm in the Bristol Schools 7's competition a couple of weeks ago, and was unable to play, but travelled to support the team.

The boys played 3 x 20 minutes and Henry was chosen to captain the team. They were 2 tries up in the first third and Henry scored one of them. Unfortunately, Bristol lost their way a little in the 2nd, and Stroud scored 5 without reply! However, Bristol came back really strongly in the 3rd. The final score was Stroud 6 Bristol 5.

There was a great atmosphere at the ground and the game lived up to expectations. It was a fantastic experience for all the boys; one they should be very proud of. Well done.

### Basketball

Last week saw the junior basketball team progressing to the semi-final of the Bristol league. They travelled to Bristol Met basketball academy. The team included: **Zabriel, Lucas, Reuben L, Albert, Oliver S, Rohan, Dylan, Archie, Emmanuel** and **Allen**. They played some of their best basketball and throughout the first three quarters both teams remained only one basket score away from each other, with both teams regularly swapping the lead. The pressure of the final quarter showed on both teams as successful shots dried up. Unfortunately in the final minute Met took their chance and progressed to the finals winning 39 - 36. All our players should be very proud and especially to keep the basketball academy players to within one basket score for the whole game. A valuable experience and congratulations to all of them.



## PASTEUR HOUSE NEWS

College Charity: World Wildlife Fund Fundraising has begun for this year's college charity WWF and Pasteur House are doing their bit; while Ms Sharp and others are walking 100 miles in March, to raise awareness, **9PBD** with the support of Ms Davies, have adopted our very own Polar Bear called Paddy the Polar Bear. We have been sent our own cuddly version of Paddy who now resides in our Tutor base. This has inspired **Nicole** to adopt a panda and **Amelia** to adopt a rhino too!

Every month we receive updates about Paddy. Here are a few facts we've discovered this month: there are only 22000-31000 polar bears left in the world living in 19 subpopulations.

Four of these remaining polar bear subpopulations are now dangerously in decline. Polar Bears have less space to roam, hunt and raise their young than they used to due to the rapid disappearance of sea ice.

**Annette Siby 9PBD**



## TRIATHLON CHALLENGE

Best of luck to year 7 pupils, **Alessio, Adele, Victoria** and **Wojciech** who will be taking part in a Triathlon challenge at Clifton College on 8th May. As a team, they will represent St Bede's to compete in swimming, cycling and running whilst raising money for Restless Development and our college charity, WWF.

Further information and ways to sponsor the students can be found below:

Wojciech <https://www.justgiving.com/fundraising/Wojciech-s-School-Triathlon-2022>

Victoria <https://www.justgiving.com/fundraising/victoria-s-2022-triathlon-goal?>

Alessio <https://www.justgiving.com/fundraising/alessio-bianchi>

Adele <http://www.justgiving.com/Trialiathlon-Challenge-2022>



**Stoke Bishop Cricket Club**  
Cricket for all ages and abilities



STOKE BISHOP CRICKET CLUB **GIRLS** SECTION ARE LOOKING TO RECRUIT PLAYERS BETWEEN THE AGES OF 10-15 OF ALL ABILITIES FOR THE FORTHCOMING SEASON

WE ARE A FRIENDLY AND WELL ESTABLISHED CLUB MARK ACCREDITED CRICKET CLUB PLAYING AT COOMBE DINGLE SPORTS COMPLEX.

IF YOU WOULD LIKE TO COME ALONG, HAVE SOME FUN AND MAKE NEW FRIENDS PLEASE CONTACT US ON [sbcc.comms@gmail.com](mailto:sbcc.comms@gmail.com) or phone 07875 356878

## NEW! Disability Living Allowance

This is a one-day online Zoom course on how to apply for Disability Living Allowance. It is for parents who have young people and adults aged under 15 years of age

**Thursday 7th April 2022**

10am-2pm (break 12.30pm-1pm)

Please email:

[andrew.powell@bristol.gov.uk](mailto:andrew.powell@bristol.gov.uk) for further information.

## PUBLIC SERVICE VEHICLE ACCESSIBILITY REGULATIONS

From September 2022, Government regulations state that all school transport vehicles with 22 seats or more must be PSVAR compliant. PSVAR means that vehicles need wheelchair accessibility and accommodation, whether carrying wheelchair passengers or not.

This change in Government regulations will have a direct impact on the cost of Home to College Transport. In addition, national increases in fuel costs are already being passed onto schools from our transport provider.

Ultimately, it is likely that there will be **an above inflation increase in the cost of the transport for families from September 2022.**

We aim to provide all families with an update during term 6 regarding the increase and an opportunity to consider renewal for the academic year 2022/2023.

## ART OPPORTUNITY

## THE PAINTING OF A MURAL

WOULD LIKE TO WORK WITH AN ARTIST AND BE PART OF A DESIGN TEAM?  
WOULD YOU LIKE AN ELEMENT OF YOUR DESIGN TO FEATURE AS A MURAL  
ON THE OUTDOOR STAGE AREA?



IF SO, PLEASE SIGN UP ON THE  
RELEVANT YEAR GROUP LIST,  
OUTSIDE C36 AND WAIT TO HEAR  
FROM US TO SEE IF YOU HAVE BEEN  
SELECTED.

CLOSING DATE TO SIGN UP:  
**MONDAY 28th MARCH**

## EXAM SUCCESS

Well done to **Anna Harris** (6BSO) for attaining a Merit in her grade 8 clarinet exam.

Anna worked incredibly hard to prepare for the exam and it is clear that the many hours of practice and preparation paid off. We are very proud of you, Anna!



## PRAYER LIST

This week we invite our college community to pray for:

**Lindsay K and Gary C**

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

<https://forms.gle/qq5Te9HiCgtPgKMU7>



## SAFEGUARDING SPOTLIGHT

### **Sexting' - Advice and guidance for parents and carers**

#### **What is it?:**

"Sexting" describes the sending of self-generated images which are inappropriate or indecent. A young person may choose to do this as a means of attracting attention from or impressing another person, or they may be pressurised or tricked into it.

#### **What are the consequences?:**

The consequences can be very serious if a 'sexting' image is found on a phone, sent to another user or posted on to social media. To be clear, it is a crime to take an indecent photo of a person under 18 years of age or to download or open such an image that has been sent via any device. Likewise, it is a criminal offence to distribute or show such an image or to possess an image of this kind. To clarify, a minor who sends an indecent image, including one of him or herself, is also breaking the law.

#### **To safeguard the children at St. Bede's Catholic College, we will continue to;**

- Discuss the dangers of 'sexting' with all pupils and to stress that caring and supportive relationships do not involve sending of indecent images
- Ensure that our e-community is as safe as possible with inappropriate sites blocked
- Ensure that pupils know they can talk to any member of staff in school if they have any concerns about any issues connected with sexting

#### **As parents and carers, please continue to;**

Make use of on-line advice and guidance (or in paper format on request from the college reception) e.g NSPCC 'Sexting' – Advice for Parents: <http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting/>

## LIBRARY NEWS

The Library's main display at the moment is on the war in Ukraine. We are showcasing some of our non-fiction on the geopolitics of the region and why people become refugees, as well as fiction looking at the stories of those who are forced out of their homes or have had to endure bombardment of their homes.



Other resources to use at home

<https://www.bbc.co.uk/newsround#more-stories-2>

<https://schools.firstnews.co.uk/ukraine/>

Two of the winners of our World Book Day Hunt. Congratulations to all of them!



## BMX WORLD CHAMPIONSHIPS

Congratulations to year 8 pupil Sophie who will compete in the BMX World Championships in Nantes, France later this year.

Sophie, started riding when she was 6 at Bristol BMX Club events in Patchway and trains three times a week.

Last year, she won the British Championships Female 12 at Leicester and placed 4th Nationally having missed some rounds due to a crash at a National ending with a broken collarbone. At Regional level, Sophie rides in the Male category to ensure right level of competition and challenge.

This year as well as competing Regionally and Nationally Sophie will be competing in the BMX World Championships in Nantes France. Her goal is to make the final and gain a World Plate.

Good luck Sophie, we are so proud of you!



## YEAR 12: EXTENDED PROJECT QUALIFICATION (EPQ) 2022-23 INFORMATION MEETING 5TH APRIL 2022 6PM - ZOOM

There will be an information meeting about the EPQ that is available to all current Year 12 students.

The EPQ is worth half an A Level (through UCAS points) and takes place from Term 6 (June 2022) until the end of Term 3 (February 2023). 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 that they are interested in.

To find out more about the qualification; the expectations of the students; the support given by the College and how you can support them, please join this Zoom Meeting on Tuesday 5th April at 6.00pm using the details below.

If you are unable to attend the meeting, the slides used will be available after the 5<sup>th</sup> April.

**Zoom Meeting – Tuesday 5<sup>th</sup> April at 6.00pm**

Topic: EPQ Information Meeting

Time: Apr 5, 2022 06:00 PM Greenwich Mean Time

Join Zoom Meeting: <https://us02web.zoom.us/j/85931415273?pwd=WmUxRTVDMXRGWGZoU1c4M0dCY0VUdz09>

Meeting ID: 859 3141 5273

Passcode: uGhq4F



## YOUNG CARERS ACTION DAY

On Wednesday 16th March we acknowledged Young Carers Action Day, a day which aims to raise the public awareness of who Young Carers are, the challenges they face and why they need support. This year's theme was "Take Action on Isolation"

At St. Bede's, our Young carers meet as a group twice a term. If you would like any further information about Young Carers please contact Ms D'Arcy.



## FREE Workshops

### Is your child on the Autism Assessment Waiting List?

This exciting project is aimed at parents and carers who are on the waiting list for an Autism assessment for their child. We know that in some areas this can be a long process.

For the first time Bristol, North Somerset and South Gloucestershire (BNSSG) Parent Carer forums have teamed together and are delivering specific workshops to provide information, support and practical guidance.

A combination of professional expertise, knowledge and the lived experience of parenting a SEND child is at the basis of each workshop. Attending our workshops will give you the benefit of years of professional training and expertise. We will be running both on-line and face-to-face workshops. Our face-to-face workshops will focus on four themes, turn over for a summary, and our on-line sessions will cover a variety of themes based on feedback we receive from families.

Please sign up to your local Parent Carer Forum to be the first to get dates and locations for our workshops and on-line sessions.

#### Bristol Parent Carers

E: [info@bristolparentcarers.org.uk](mailto:info@bristolparentcarers.org.uk)  
T: 07306 650 222  
W: [www.bristolparentcarers.org.uk](http://www.bristolparentcarers.org.uk)

#### North Somerset Parent Carers Working Together

E: [admin@nspcwt.org](mailto:admin@nspcwt.org)  
T: 01934 440 844  
W: [www.nspcwt.org](http://www.nspcwt.org)

#### South Glos Parent Carers

E: [training@sglospc.org.uk](mailto:training@sglospc.org.uk)  
T: 07916 275 440  
W: [www.sglospc.org.uk](http://www.sglospc.org.uk)



**Working together  
for SEND families**

BRISTOL, NORTH SOMERSET &  
SOUTH GLOS PARENT CARER FORUMS





# Free face-to-face workshops for families awaiting an autism assessment

All workshops delivered by a SEND professional and an experienced SEND parent carer.



## An Introduction to Understanding and Supporting Communication

This workshop is an introduction to effective communication strategies. All behaviour is a form of communication and so much of our day to day life centres around it; and this is no different for our children and young people. When we are unable to communicate effectively, it can cause distress, anxiety and behaviours that challenge. This session offers an insight into effective communication and strategies to develop and improve communication with your child.



## An Introduction to Understanding and Supporting Anxiety

This workshop provides an insight into anxiety. Everybody experiences anxiety at various times in their lives. For our children, anxiety can be very distressing and can have a deep impact on their lives and ours. During this session we will look at how to recognise triggers for anxiety, why we experience anxiety and provide strategies to help.



## An Introduction to Understanding and Supporting Sensory Differences

This workshop provides an introduction to what sensory needs are. Sensory needs are key to many behaviours and often we do not realise the impact that they have on day to day life. This session will provide tips on recognising a sensory need together with practical ways to help your child.



## An Introduction to Understanding and Supporting Behaviour

All behaviour is a form of communication. Some behaviours can be really challenging for parents and carers. This can be shown as aggression, frustration or the child who shuts down and 'checks out'. Join us for our introduction to behaviour workshop designed with educational psychologists and parent carers to explore behaviour and behaviour managing strategies.



**Working together  
for SEND families**

BRISTOL, NORTH SOMERSET &  
SOUTH GLOS PARENT CARER FORUMS

