

# St. Bede's Catholic College

*Specialist Science and Sports College*

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## Newsletter

Issue 335 30th September 2022

### MESSAGE FROM PRINCIPAL

College life has now settled into its usual rhythm with new classroom relationships being established and co-curricular activities thriving. The need for daily success is never underestimated but we also greatly value strategic planning and looking to the future. Without lifting our heads and looking at the horizon, it can be tempting to focus only on the next day or the next term.

College governors and staff worked hard last summer to describe an aspirational vision for what the college will look like in September 2024. This can now be found at: <https://bit.ly/3fyzy0L>. Each subject or pastoral area also has a vision which will be in the curriculum or pastoral areas of the website early next week. As we plan our development work for the next 12 and 24 months, these visions are in our mind and actions are designed to reach these goals.

I also want to let you know of a highlight of this week; our annual Year 7 Retreat Day. The day was set aside for our Year 7s to reflect, pray and build strong relationships with their peers. The mass in the afternoon allowed all this work to come together in a wonderful atmosphere of joy and hope. Thank you to Mgr Bernard Massey for coming in to celebrate with us.

God bless,

Rob King  
Principal



## REFLECTION – 27 SEPTEMBER - ST VINCENT DE PAUL

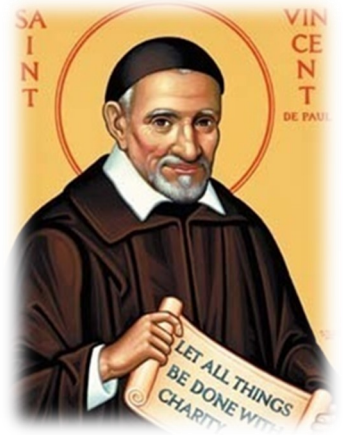
The French priest St. Vincent de Paul (1581-1660) organised works of charity, founded hospitals, and started two Roman Catholic religious' orders.

Vincent was a man of action rather than of theory. The religious spirit he communicated was simple, practical and straightforward.

His Feast day is celebrated on 27 September.

**Reflection:** "If God is the centre of your life, no words are necessary. Your mere presence will touch hearts"

**Prayer:** Noble Saint Vincent de Paul, beloved servant of the poor, may we follow your example and do good works among those whom society has abandoned. Pray for us to our beloved God that we may commit ourselves selflessly to doing the same charitable acts that you did all your life. 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."

This week our spotlight highlights year 8 Pasteur student **Igor**. Last week, we received a lovely email from a member of the public who praised Igor for his kindness and calmness. It reads:

*I was visiting my son's apartment as I was house sitting while he was away. The door handle came off the door of the room I was in and I couldn't get out. I had left my phone in the hall.*

*For a while I tried to manipulate the catch but failed. I needed help so I leaned out of the (3rd floor) window and called out to the student who was passing and asked him if he would make a call or text my husband to explain my predicament. He kindly did this. No immediate reply came as my husband didn't recognise and does not routinely answer unknown numbers. Igor carried on home and said he would come back if a reply came.*

*Igor returned a while later to say my husband had texted and was coming to help. Igor also contacted my husband a while later by text to check I was alright.*

*I would like to commend Igor for his calm and sensible reaction to my desperate situation. Igor is a fine example of a young man who wishes to help others and shows concern for others. I hope his school and family are very proud of him.*

**Igor your kindness exemplifies our St Bede's Way principles.**

We are very proud of you! Well done.



Thank you for allowing us to print your photograph

## DATES FOR YOUR DIARY 2022

**3rd October 2022**  
HPV Vaccinations  
Year 10

**6th October 2022**  
6.30pm / 7.15pm  
OPEN EVENING

**13th October 2022**  
6.00pm—7.30pm  
Year 7 Tutor and E  
Safety Information  
Evening

**21st October 2022**  
'Wear it Pink'  
charity day

**END OF TERM 1**

## ADMISSIONS 2023

If you wish to  
apply for a **Year 7**  
**place for**  
**September 2023**,  
the  
Supplementary  
Information Forms  
should arrive in  
College by **31st**  
**October 2022**.

Parents must also  
have submitted  
the Common  
Application Form  
to their Local  
Authority by **31st**  
**October 2022**.

Please follow  
St. Bede's  
Catholic College  
on Twitter

**stb\_bristol**



## ST BEDE'S WINS AWARD FOR YOUNG CARER SUPPORT



We are delighted to have received a Bronze award for our work to make sure students don't miss out on an education because they are young carers. The Young Carers in Schools programme helps primary and secondary schools improve outcomes for young carers and celebrates good practice through the Young Carers in Schools Award.

Young carers are responsible for emotional, practical or physical care for a parent, sibling or other family member who has a physical disability, mental health issue or substance misuse issue.

"To achieve their Bronze Award St Bede's has demonstrated that it supports young carers in many ways, including homework clubs and drop-in sessions with a member of staff who is responsible for this vulnerable group of pupils. Vital information about how to identify young carers is made available to all school staff, and noticeboards and the school webpage let students and their families know where to go for help".

Giles Meyer, Chief Executive of Carers Trust, today congratulated Award-winning schools, saying: "The Young Carers in Schools programme is helping to transform schools and support staff across England. Schools play a vital role in a young carer's life, as many care for relatives without their teachers even knowing what they do. On average young carers will miss a day of school each month as a result of their caring role, so the steps schools take to identify and support them can have a huge impact on their learning, wellbeing and life chances."

Helen Leadbitter, national young carers lead at The Children's Society, is delighted that the Young Carers in Schools Programme is bringing about national change. "Hundreds of schools across England are participating in the Young Carers in Schools programme, using the tools and resources to improve their support systems, and ensuring that no child need miss out on educational opportunities because they are a carer. 74% of schools who have achieved a Young Carers in Schools Award have noticed improved attendance among their young carers, and 94% have noticed improvements in their wellbeing and confidence."

If you feel your child is a young carer, please contact Ms D'Arcy via [contact@stbcc.org](mailto:contact@stbcc.org). Further information can also be found on our website: <https://bit.ly/3RoPxf4>

## CHAPLAINCY TEAM

The Year 8 Chaplaincy team travelled to Clifton Cathedral to join other groups from Diocesan schools to be commissioned for the year by Bishop Declan.

The focus for the service was on looking forward, and after celebrating with the Bishop, the group mixed with the other schools, enjoying a snack and also taking part in a number of craft activities designed to be thought-provoking and inspiring on their return to school.

The Bishop challenged the chaplaincy teams to be role models and inspiration for the rest of the school. A real challenge, but something they are determined to do during this year.



## YEAR 10 RUGBY SUCCESS

The rugby season is back and last week year 10 travelled to Clifton College before the start of their Bristol and Area Schools League begins. We played their B team who were unbeaten last year.

Playing on their first team pitch, the boys were anxious at the start of the game but very quickly settled and dominated the game, putting Clifton under constant pressure. St. Bede's won 49-5. Congratulations to all the players and good luck for the rest of the season.



## BELL BURNELL AND THEIR AMAZING CHARITY WORK

Bell Burnell House had an amazing year, being presented the House Cup and both trophies for achievement points in the whole college assembly at the end of the summer term.

Mr Johnson was obviously very proud of all of the Bell Burnell students for working so hard throughout the College year. To add to the House success an ever bigger achievement was to unfold in the summer when Mr Johnson was contacted by St Peter's Hospice, their House charity. They shared that the money raised through the "Around the World in 8 Days" event was the **most any individual school had ever donated**. Due to this success, the event has been included in their official fundraising guide for schools. If you would like to read the article it can be found at <https://www.stpetershospice.org/support-us/raise-money/schools-and-groups/>



Well done Bell Burnell!

## COMMUNICATIONS TO AND FROM THE COLLEGE

Please find details below of the three apps we are now using for communications:

**MyEd app** - All communications to school including absence. Download the app from your app store and register using the email address and mobile number we have on record. If your contact details have changed, please let us know.

**Parent Portal** - Academic Reports will be sent through the Parent Portal. You will be emailed a link and instructions on how to register. A direct link to the Portal can be found on the College website under Our College/Parent Portal

**Class Charts** - Home Learning portal  
Parents and pupil logins are available from the college

## CASHLESS CATERING

Can we request that parents and carers add money to their child(ren)'s cashless catering account, at least 1 hour before the child(ren) want to spend it. It can take over half an hour for it to transfer from SCOPAY onto the catering system.

The first time students may wish to use funds is at 11.10am for break time snacks. Lunchtime starts at 12.10 for Year 7 and 12.25 for the remainder of the school.

Thank you

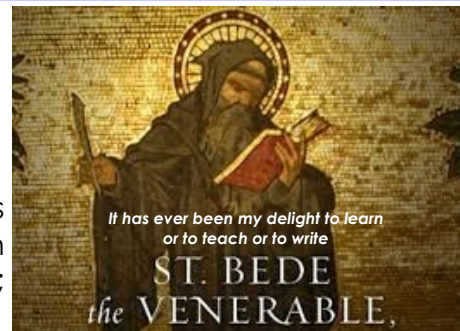
## GIRLS' RUGBY

A reminder that all year 9—13 girls' are invited to participate in rugby training after school on a Tuesday from 3.30pm - 4.30pm

## St Bede Academic Think Piece

How are you doing your homework?

As part of our drive to develop students' academic progress and wellbeing we will be focusing more this year on developing their Metacognition. Cognition is the way we think; metacognition is thinking about the way we think.



At St Bede's we want our students to have the ability to monitor and direct their own learning, to be self-reflective, and intentional in their learning in school and at home. We want them to develop their skills of being able to self-regulate when challenges arise in learning and in life.

As part of this process students will take part in fortnightly sessions during tutor time where we will teach them strategies to be able to improve the ways in which they manage their own learning. The most recent educational research on Metacognition suggests this:

To improve their Metacognition students should regularly reflect on these three questions before starting a learning task:

- \* Which resources and conditions do I need to help me study?
- \* Why are these resources and conditions helpful?
- \* How will I use this resource?

Asking these questions improves students:

- \* Self- Reflection
- \* Effectiveness in studying
- \* Motivation
- \* Stress levels and mental health



Students that have been trained in the benefits of metacognition perform a third of a grade higher on average than those that have not. This is true of all students, regardless of age, gender, or academic ability.

Many students find it hard to turn good intentions into actions. But, teaching metacognitive skills can improve this.

## Parenting Support Tips

At home we can support our children beyond just resourcing them with materials and a place to study. The next step is to regularly engage them in conversation about how best to use these materials, time and space.

- \* We can encourage them to make their own plans for their study and explain them back to you.
- \* We can ask them 'How are you doing your homework?' not 'Have you done your homework?'

I hope that you will find these fortnightly think pieces helpful. We are looking forward to developing Metacognition of the students at St Bede's and involving you in the process.



## SAFEGUARDING SPOTLIGHT

### Matters of the Mind



The World Health Organisation recognises World Mental Health Day on the 10th October every year. This year at the college we are focussing on the theme of **'Promoting Positive Mental Health for all'**.

Mental health problems exist in our lives, families, in educational settings, workplaces and communities, impacting everyone. We are all challenged to continue to do as much as possible to prevent mental ill-health – as individuals and as a society. Organisations continue to call on national and local government to prioritise reducing the factors known to pose a risk to people's mental health, enhancing those known to protect it and creating the conditions needed for people to thrive—Extract from the Mental Health Foundation

On World Mental Health Day we also have a chance to talk about mental health in general, how we need to look after it and promote positivity and how important it is to talk about things and get help if we are struggling.

As part of our pastoral care programme, children across the college will be exploring the Five Ways to Wellbeing and how to support others to engage with these approaches;

**We're talking mental health.**

Following the Five Ways to Wellbeing can protect and improve our mental health. If you can't do all five every day, just start with one – you'll soon see a difference!

**Charlie Waller**

**CONNECT**

Good relationships help our brains produce chemicals that make us happy. They give us a sense of belonging and self-worth.

**BE ACTIVE**

Physical activity is good for our minds and bodies, reducing stress and anxiety and boosting confidence.

**KEEP LEARNING**

Learning new things gives you new perspectives on the world around you and opens doors to new opportunities.

**GIVE TO OTHERS**

Acts of giving and kindness towards other people or in your community create positive feelings and a sense of reward.

**TAKE NOTICE**

Stopping to take in the present moment can give a more balanced outlook on life and help keep us from worrying about the past or future.

The Charlie Waller Trust - First Floor - Rear Office - 111 High Street - Thatcham - Berkshire RG19 3JD  
The Charlie Waller Trust is a registered charity in England and Wales (1107974). A company limited by guarantee  
Registered company in England and Wales (5447962). Registered address as above.  
charliewaller.org

Children will be able to purchase a green ribbon throughout October for £1 to demonstrate their support for mental health charities.

### Some helpful advice for Parents and Care

@HappyMaps is an award-winning charity developed by healthcare professionals with help from parents and young people.

### Parenting teenagers: what's normal?

Supporting young people presents each generation of parents with fresh challenges. It's natural to experience mood swings as an adolescent right into your 20's, but many young people are now experiencing higher levels of mental health problems than ever before. It can be difficult to know what's normal and when to be worried. The HappyMaps website provides guidance on what is going the teenage brain, how to communicate effectively and where to look for help and reliable information.

The HappyMaps resources can be found here : <https://happymaps.co.uk/>



## LIBRARY NEWS

Some of our Year 7s and 8s had an amazing afternoon with author Kiran Millwood Hargrave and illustrator Tom de Freston on Thursday 30th September.

In addition to telling stories of their collaborations, and the process of writing and illustrating their beautiful books, they shared some of their own favourite books from their childhoods.

We have signed copies of **Leila and the Fox** and **Julia and the Shark** to borrow in the Library, as well as lots of Kiran's other books. **PLUS** lots of books from the recommended reading lists from each book **AND** lots of Kiran's and Tom's favourite books!



## VACANCY

### SCHOOL MEALS SUPERVISORY ASSISTANT (SMSA)

The usual hours of work are 12.15pm – 1.30pm Monday to Friday, term time only. The hourly rate for the post is £9.90

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

The successful candidate will be required to undergo a Disclosure and Barring Service Check before starting work.

## WE ARE A NUT FREE SCHOOL

A polite reminder that we are a **nut-free** school.

We have a number of students in the college with severe nut allergies which are airborne and can cause severe harm. **Please NO NUTS!**

<https://www.anaphylaxis.org.uk/fact-sheet/peanut-and-tree-nut-allergy/>

## RUGBY SUCCESS

Three of our year 12 students were invited to play for a Bristol Schools Combination Team who played against an Argentinian touring team at Clifton College.

It was a great game, and the Bristol team proved too strong for the visitors.

**Connor, Ethan** and **Johan** all performed to an excellent standard and thoroughly enjoyed the experience.

Congratulations!



## PARISH FINANCE SUPPORT OFFICER

The Diocese is currently introducing a new online accounting system (OPAS) for all its 99 parishes and additional support is needed in the Finance team to help support parishes in moving to this system.

The role is full-time, although more flexible patterns will be considered, based within the Finance team which is part of the Curia (administrative office) of the Diocese.

The role is based at Alexander House, Bristol but there will be an occasional need to travel to parishes throughout the Diocese. The closing date for applications is Friday 7th October 2022. For further details and an application form, please visit the Working for Us page within the Clifton Diocese website: <http://cliftondiocese.com/diocese/working-for-us/>



## St. Bede's Catholic College

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Principal: Mr R.J King MEd

# OPEN EVENING

Thursday 6th October 2022

6.30pm - 8.30pm

*A climate where students discover a thirst for knowledge  
and a passion for learning.*