

# St. Bede's Catholic College

*Specialist Science and Sports College*

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## Newsletter

Issue 344 3rd March 2023

### MESSAGE FROM THE PRINCIPAL

The builders have arrived and work on our new sixth form building has begun. Due to finish in November 2023, we are excited about the new facilities from which our students will benefit. We will keep you posted on progress over the next few months.

Next Wednesday is International Women's Day and St Bede's will be celebrating the successes and accomplishments of women across the religious and academic fields, whilst also showcasing the best work of our female staff and students.

As we celebrate and give thanks for the achievements of women, we remember the women who have played a part in our lives.

Those who have nurtured us, taught us, inspired us, loved us.

Forgive us when we have limited women through inequality, by stereotype, by exclusion, through lack of opportunity.

On this International Women's Day, as we acknowledge the challenges women still face, we pray that all women may know equality of healthcare, of education, of wealth, of prospects.

We pray that all women may know themselves to be respected, safe, included, empowered. Amen.



### AUSTRIAN SKI TRIP

89 students travelled to Saalbach in Austria over the February holiday. The conditions were fantastic and we were rewarded with some incredible views over the Alps. The students progressed so well and by the third day the whole group were skiing from the top of the mountain. The ski instructors were so complimentary of their attitude and approach and regularly told Mr Johnson that they were the best groups they had ever taught. The fun continued into the evening with various activities such as tobogganing, watching an ice hockey game and curling. All of the staff loved watching the progress of all of the students and hope that they will have amazing memories.



We have a few places available for the 2024 Ski trip. For further details please contact Mr Johnson via [d.johnson@stbcc.org](mailto:d.johnson@stbcc.org)

## DATES FOR YOUR DIARY 2023

### 5th March

Iceland trip  
departs

### 9th March

Iceland trip  
returns

### 9th March

Year 11  
Curriculum  
Parents'  
Information  
Evening  
5.30pm—7.30pm

### 13th March

School of Rock  
Musical  
6.30pm

### 14th March

School of Rock  
Musical  
6.30pm

### 17th March

School of Rock  
Musical  
6.30pm

## REFLECTION – SS PERPETUA & FELICITY

**We celebrate the memorial of Ss Perpetua & Felicity on 7 March**

Both St. Perpetua and St. Felicity were martyred during a time of great persecution. They were put to death in the year 202 in the games which made public spectacles of those who refused to renounce their faith.

St. Perpetua was a well-educated noblewoman living in North Africa. Her mother was a Christian but her father was a pagan. Perpetua was 22 when she was arrested and imprisoned. She kept a diary of her sufferings and the nature of the torture she endured. She continued to care for her child in spite of the torture she was forced to endure.

St. Felicity was a pregnant slave girl who was imprisoned at the same time as Perpetua. She also was tortured and condemned to die. Several days before the games began she gave birth to a baby girl. The baby girl was secretly taken away to be raised by Christians.

**Reflection:** "When my father in his affection for me was trying to turn me from my purpose by arguments and thus weaken my faith, I said to him, 'Do you see this vessel—water pot or whatever it may be? Can it be called by any other name than what it is?' 'No,' he replied. 'So also I cannot call myself by any other name than what I am—a Christian.'" St Perpetua

**Prayer:** Prayer to Ss Perpetua & Felicity

Lord God, grant that I may love and serve You as faithfully as Your martyrs Saints Perpetua and Felicity, so that I may someday join them to praise You in Heaven. Pray that I may also choose to be as steadfast in my own faith against the influences of the world as they were, no matter what it may cost me. Amen



## YEAR 11 MOCK INTERVIEWS

Friday 24<sup>th</sup> February saw our Year 11 students complete a successful day of mock interviews, delivered by industry professionals from across the local area including HPE, Lloyds Banking Group, Nat West Bank, Peugeot, Burges-Salmon, local colleges and an aerospace consultant.

It is important for students to experience an interview and gain some skills for when they are attending the real thing and help to support their future career ambitions.





## GREAT BIG DANCE OFF

On Monday 27th February the Great Big Dance Off took place in Bath, giving us an opportunity to showcase 3 of our dance groups. The Year 7-9 students performed an upbeat girl band medley, Years 10-13 performed a stunning contemporary piece and 4 of our Year 10 students performed a powerful Bollywood Fusion number.

We are very proud of all the students who performed, they were an absolute pleasure to work with and a true credit to St Bede's. Our Year 10 group very narrowly missed out on a place in the grand final, by only 7 points in an extremely tough competition.

The audience loved the dance and the girls had a number of fans come to say how brilliant their performance was. We want to thank all the students who gave up their time to take part in rehearsals and the show.

Miss Hayre, Miss Simpson and Mrs Shaddick



## PARLIAMENT TRIP

On Thursday 9th February, 30 Sixth Form students took part in the annual London Trip to Parliament. When we arrived students had a brief tour of the Supreme Court of Justice. Then students were taken on a guided tour around the Palace of Westminster including watching a live debate in the House of Commons and House of Lords. You may have seen the Commons on TV as this is where the Prime Minister takes part in Question Time each week. They also visited Westminster Hall (which is 1000 years old and also where Guy Fawkes was put on trial). Students then took part in a workshop on how laws are made and had to follow the protocols that MPs and Peers use when in debates in each house.

In the afternoon students went on a boat trip down the river Thames from Westminster to Greenwich, learning about the architecture of London. Students commented that the trip helped them to consider careers in politics, the civil service and law as well as consider studying at university in London. If you want to find out more about how laws are made, voting or careers in Parliament, visit <https://www.parliament.uk/>



Mrs Lindsay

## DUKE OF EDINBURGH AWARD CELEBRATION

On Thursday 23rd February we held a celebration event to present the certificates and badges to all students over the last year who have fully completed their Duke of Edinburgh Bronze or Silver award.

The DofE Award requires students to commit to volunteering for their local community, doing physical exercise, and learning a new skill on top of completing a hiking and camping expedition. The students choose their own activities and last year this included Altar serving, helping at school clubs, playing netball, writing poetry, cooking, litter picking, playing an instrument, and so much more.

Congratulations to the **seventy six** year 10 students who earned their DofE **Bronze Award**, **twelve** year 11 students who completed their **Silver Award** in just one year and **fifteen** Areté students who were awarded their DofE **Bronze and/or Silver awards!** These students had their awards significantly affected by COVID-19 so very well done for persevering. We are delighted that many of these students are now completing their DofE Gold Award.

Finally, I'm delighted to let you know that five students who completed their DofE Gold Award in the last few years have been invited to the Gold Award celebration events in May this year in Buckingham Palace Gardens to celebrate their achievements. These celebrations have just started happening again after COVID-19 and any student who completes their Gold award will be invited to a celebration event like this!

Dr Walsh





## RUGBY 7'S

Both the year 8 and 9 teams played their rugby 7's competitions this week. These are a great way for the players to hone their skills and also to play against all of the local private sector schools. The year 9 team were drawn in a tough pool with Clifton College, QEH, Chosen Hill and Oasis John Williams. Unfortunately, having played some good rugby they narrowly lost all of their games. They then played in the 5<sup>th</sup> place playoff against Trinity and won 4 tries to 3. They deserved the win and after a tough afternoon I was pleased that their hard work was rewarded. Well done to all of the boys who showed great resilience.



The year 8 team pool consisted of Clifton College, QEH, Trinity, and Bristol Cathedral. The boys narrowly lost to Clifton College in the first game but then went on to play some excellent, free flowing rugby and win all their remaining games. Unfortunately, after the completion of all of the pool games, three teams were tied with QEH and Clifton College and ourselves all winning 3 games and only losing 1. Clifton College went through to the semi-finals with a better try ratio. The boys should be really proud of their performances and the standard of rugby that they played.

Mr Johnson

## VACANCIES

Governors of St Bede's wish to appoint the following:

### **School Meals Supervisory Assistant**

The usual hours of work are 12.00pm – 1.30pm Monday to Friday, term time only. There is the opportunity of a free school meal or a drink. The hourly rate is currently £10.50

**Invigilators** to provide support to the examination process within the College.

Employment is offered on a casual, sessional basis and the hours of work would be between 8.30 am to 4.30 pm. The main external examinations take place in May/June each year but internal examinations can take place throughout the year.

The hourly rate of pay is £10.50 which includes payment for a proportion of accrued holiday entitlement.

Successful candidates will be required to undergo a Disclosure and Barring Service check before starting work.

A job description and application form can be downloaded from the website or a hard copy can be posted out to you.

If you have any queries, please contact Mrs Charters on 0117 3772200 or [contact@stbcc.org](mailto:contact@stbcc.org)  
Further information on vacancies at the college please click [here](#)

## INTERNATIONAL WOMEN'S DAY

As part of our programme for International Women's Day on 8th March, we are delighted to share the chance for students and families to listen to two interesting recordings.

The first is an interview with Dr Noelia Dominguez Falcon, lecturer in Biomedicine at UEA and host of the "I belong here" podcast, advocating the role and contribution of women in scientific study and careers.

In 2017 only 30% of scientists worldwide were identified as female.

Between 1955 and 2020 only 27% of scientific papers were published by women.

Females represent only 20% of professors in universities.

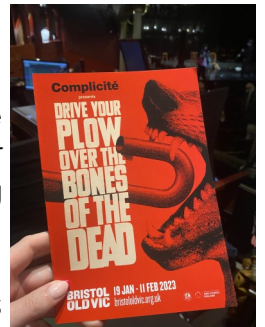
In this session Noelia will discuss what we can do to change this by engaging the audience in a conversation about their own aspirations and, perhaps, reservations about becoming the next generation of female scientists whilst using case studies from the 'I belong here' podcast. The aim is to inspire and empower students around the vital contribution they can make in the context of the major global challenges we face.

March 8 @ 17:45 - 18:30 International Women's Day: 'I Belong Here' – Science Study & Careers - UEA (KS4 & KS5) Find out more »

The second is Women in Scripture Art Reflections: We now have 16 Bible heroines in this series - [www.godwhospeaks.uk/women-in-scripture-podcast/](http://www.godwhospeaks.uk/women-in-scripture-podcast/)

## DRAMA TRIP

A level Drama students recently enjoyed a trip to Bristol Old Vic to see Complicité's new production of Olga Tokarczuk's powerful novel 'Drive Your Plow Over the Bones of the Dead'. It was a thought-provoking performance and thoroughly enjoyed by all.



On Wednesday, 1st March year 10 students went to see Pilot Theatre's adaptation of Noughts and Crosses at Theatre Royal Bath which gave them some brilliant ideas for their devising project and a great insight into the play which they will be studying from the perspective of a director, actor and designer for their GCSE.

## COMMUNITY CORNER

Go kids Go offers wheelchair training for young wheelchair users and their families in and around Bristol. Last weekend, Go Kids Go used St. Bede's as a hub to host families.

"A big thank-you for the hire of the hall this past weekend. We had a great turn out and the families feedback was very positive"

'What a great turnout yesterday in Bristol! Thank you to all the families that joined us and a special thank you to St. Bedes Catholic College for allowing us use of their wonderful facilities!'



## SAFEGUARDING SPOTLIGHT

### Important Message for Parents and Carers - Energy Drinks



There are a range of Energy drinks on the market with wide variation in Caffeine content.



As you may be aware, Energy drinks are not suitable for young people because of their high levels of caffeine and are clearly labelled to this effect. The high levels of caffeine and sugar in these drinks can affect students ability to focus and concentrate on learning.

Consequently, we are reminding all students not to bring energy drinks into school. We would ask parents and carers to work with us on this and help ensure that our young people do not consume energy drinks before coming to school.

Your support in this matter is greatly appreciated.

#### **A special note from the manufacturers of PRIME Energy drinks;**

PRIME Energy contains 200mg of caffeine, per 12 oz. can. PRIME Energy is not recommended for children under the age of 18, women who are pregnant or nursing or individuals who are sensitive to caffeine. Source : <https://drinkprime.com/pages/about-prime>

**HOWEVER ... PRIME Hydration and PRIME Hydration+ Sticks are caffeine-free.**

#### **Some further information:**

##### **Source extract:**

**<https://www.bda.uk.com/resource/energy-drinks-and-young-people.html#>**



Physical effects from over-consumption of energy drinks are mostly related to caffeine. Increased caffeine consumption in children and adolescents results in increased blood pressure, sleep disturbances, headaches and stomach aches. Self reported injury due to hyperactivity has also been reported.

Adolescence is also the time of maximum bone deposition and caffeine interferes with the absorption of calcium in the small intestine and so may lead to reduced calcium deposition in bones. This may also be as a result of energy drinks being consumed instead of calcium-containing drinks such as milk.

In addition to physical effects, mental health effects due to consumption of energy drinks can include sensation-seeking behaviour, self-destructive behaviour, insomnia, problems with behavioural regulation and poor lifestyle behaviours, such as poor diet and consumption of fast food. The use of energy drinks in adolescents may also be affecting future food and drinks choices in young people due to alterations in the developing reward and addiction centre of the brain and the addiction due to the high caffeine content.

# College Apps and Websites

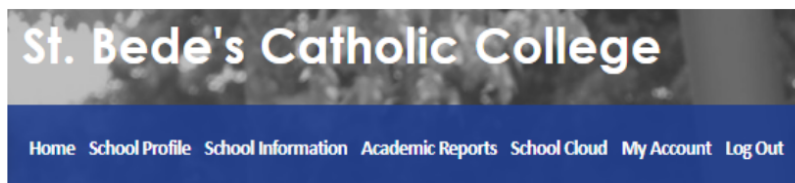
## Parent Portal

For:

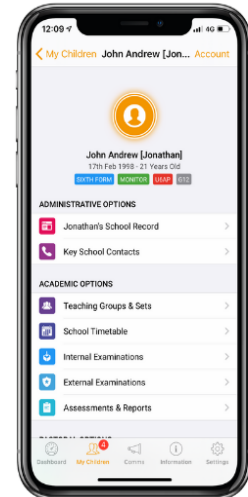
Attendance, Timetable, Exam information, Reports,  
School Cloud (parents evening)

If you would like to update your  
postal address please email:  
[contact@stbcc.org](mailto:contact@stbcc.org)

Using a web browser



Now available as an app  
from your app store  
School Code 50539



Click to find out more about Parent Portal

<https://www.isams.com/platform/apps/iparent/>

**My Ed** **MY Ed**  
BY IRIS

Updating email/telephone numbers

**For:** Reporting Absence and email school. You can still  
email [contact@stbcc.org](mailto:contact@stbcc.org) for non-absence related  
communication.

## ClassCharts

**For:** monitoring home  
learning and rewards and  
behaviour

## ScoPay

**For:** Payments

The number of apps we use to communicate is being  
reviewed and over the next 12-18 months will be minimised.