

St. Bede's Catholic College

Specialist Science and Sports College

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Newsletter

Issue 350 16th June 2023

MESSAGE FROM PRINCIPAL

I am so proud of every Year 11 and 13 student as they approach their final examinations of this long exam season. They have exhibited exemplary conduct and worked diligently to make the best use of their God-given talents. We wish them well as they move on to their prom and a more restful summer before we celebrate their successes with them on the August results days. We hope to be welcoming many of the Year 11's back to our Areté sixth form in September.

We are very much looking forward to first greeting Year 5 students from our partner primary schools as they come for a taster day at St Bede's before welcoming next year's Year 7s for their transition day on the 5th July. These are hugely important days for the young people as they prepare for their next steps and we are sure they will have a fun day meeting their new classmates and teachers.

God, I give you all my cares and concerns.

I know you are my Heavenly Father who can provide me with everything I need. You know my needs before I even ask you for them.

Thank you, Lord, for your new beginnings and unwavering provision. I trust that your peace will watch over me as I step into a new beginning.

This year, I will rely on the riches of your love and grace to provide for my physical, emotional and spiritual needs.

In Jesus' name, Amen.

CELEBRATING CURLY AND AFRO HAIR

Forty students attended an incredible session on celebrating curly and afro hair that was held by Abbie, a Bristol based natural hair content creator. It was a safe space for the young people to share their feelings about their natural hair and listen to other people's journeys to natural hair-love.

They were given tips and tricks for hair styling and caring for their hair. Students left with a reminder that their hair is beautifully unique, worth celebrating, along with a goodie bag of hair products.



REFLECTION – 16 June

Feast of the Sacred Heart of Jesus

The devotion to the Sacred Heart (also known as the Most Sacred Heart of Jesus, is one of the most widely practised and well-known, wherein the heart of Jesus is viewed as a symbol of "God's boundless and passionate love for mankind" taking Jesus Christ's physical heart as the representation of his divine love for humanity.

The feast is celebrated 19 days after Pentecost, therefore always on a Friday.

The popularisation of this devotion comes from a Roman Catholic nun, Saint Margaret Mary Alacoque, who said she learned the devotion from Jesus during a series of apparitions to her between 1673 and 1675. During these apparitions, she heard Jesus make 12 promises to those who would respond to the pleading of His Heart and make an effort to return His love.

Jesus informed St. Margaret Mary that He had chosen her to spread devotion to His most Sacred Heart, and made the twelve specific promises to those who would practice this devotion.

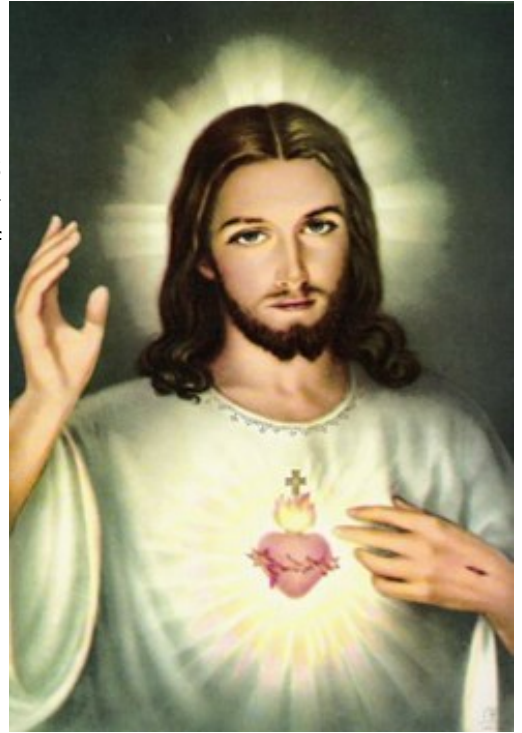
Reflection:

"The heart of Jesus is the ultimate symbol of God's mercy; but it is not an imaginary symbol, it is a real symbol which represents the centre, the source from which salvation for all humanity gushed forth" Pope Francis

Prayer: Prayer to the Sacred Heart

*O most holy Heart of Jesus, fountain of every blessing,
I adore you, I love you and will a lively sorrow for my sins.
I offer you this poor heart of mine.
Make me humble, patient, pure, and wholly obedient to your will.
Grant, good Jesus, that I may live in you and for you.
Protect me in the midst of danger; comfort me in my afflictions;
give me health of body, assistance in my temporal needs,
your blessings on all that I do, and the grace of a holy death.
Within your heart I place my every care.
In every need let me come to you with humble trust saying,
Heart of Jesus, help me.*

Amen.



DATES FOR YOUR DIARY 2023

19th June 2023

Year 10 Exams
commence

30th June 2023

Year 11
Leavers'
Assembly

30th June 2023

Year 11
Prom

5th July 2023

Year 6
Transition Day

5th July 2023

Year 6
Parents' Mass

7th July 2023

Year 13
Prom

21st July 2023

INSET DAY

Last Day
of Term 6



ROME TRIP

The Year 8/9 Rome Trip was one many won't forget for a while to come. Great organisation from the teachers ensured that this would be the case. Before we continue to write about our fantastic experience, we would like to give a big thank you to all the teachers who took time out of their busy week to give us this opportunity, especially Mr McCarthy. Nothing could've happened without their hard work.

We visited many incredible landmarks in our four days in Rome, most being a once in a lifetime opportunity. Such as the Colosseum, where we were able to look around where thousands of people watched gladiator contests, executions, dramas and much more. We were also able to go down to the level of the dressing rooms and see where the gladiators would get ready. We were lucky enough to visit the Trevi Fountain twice in our time in Rome: once at night and once at day. Both times we were given an opportunity to have Italian gelato (ice cream) and to look around by ourselves. Every night we went out to different restaurants experiencing different foods, mainly Italian cuisine. This included amazing pasta, pizza and bruschetta.

We also came to various religious locations, which students have learnt about in RF lessons. The main area of Roman Catholic pilgrimage is the Vatican City, most well known for being where the Pope lives. Those who went on the trip were able to have an audience with Pope Francis, and see a trove of iconic art and architecture such as Saint Peter's Basilica (some even walked up to the top). When visiting historical and devout museums, we arrived at the Sistine Chapel, in the Apostolic Palace. This chapel is famous for its extensive collection of Renaissance art, painted by some of the most well-known artists in the world. One evening, we took part in an English-Roman mass - it was magical to say the least. We found it truly amazing to show our learning and continue growing our knowledge of our faith.

Again, we would both like to say a huge thank you on behalf of everyone who went on the trip to all of the amazing teachers who planned and gave up their time to be there in Rome with us. We all appreciate your hard work planning the trip very much.

Sofia and Zoe





Seacole Charity Event – Thursday 22nd June



Thursday 22nd June – Spaces are limited, please donate through the link below:

bit.ly/43MjHQz

Please speak to Mrs Turri if you have any questions.



On Friday 23rd June we are celebrating GREEN DAY

We are inviting students to:

Wear Green Accessories with your uniform and donate 50p to the WWF

Try not to use plastics

Take part in the SLOW FASHION LUNCH

Slow Fashion is a movement that promotes clothes that are sustainable, ethical and often second-hand. Eco Club are hosting a clothes swap during lunch time on Friday 23rd June.

This is a chance to swap your unwanted clothes for something different - without costing the earth! Please help us to raise awareness of the problems of fast fashion by donating 1-2 items of clothing to room D9. We are looking for items such as tops, jackets, trousers, shirts, skirts and jumpers. Students will then be given a ticket which will allow them to visit the Slow Fashion lunch and choose an item of clothing for themselves.

Please ensure all clothes are washed and in a wearable state.

We are currently collecting donations, in preparation for the main event on 23rd June

TECH TALK WINNERS

On Tuesday 6 June, 2 of our Year 8 students travelled to Sopra Steria's offices in Cheltenham to receive their prizes for successful entries made to Sopra Steria's Tech Talk competition.

Sopra Steria is a European-based consulting, digital services and software development company, with their headquarters in Paris and operations in several countries in Western Europe. Their offices in Cheltenham allow them to work with GCHQ, the UK's intelligence, security and cyber agency.

The National Cyber Security Centre (NCSC) and Sopra Steria set up a Tech Talk competition to encourage Year 8 girls to describe the impact of technology on themselves and on our society. The judges were impressed with Maria and Mae's entries and they were awarded first and runners-up prizes of £50 and £10 Amazon gift cards respectively.

They were also invited to the prize giving ceremony at Sopra Steria's offices to meet some of their apprentices and NCSC Cyberfirst Stakeholders and to receive a tour of the cyber suite at Gloucestershire college. During the presentation, there was a live video link to an engineer in Washington from Blue Origin, the American aerospace and space exploration company founded by Jeff Bezos. Maria and Mae were both asked to read out their entries to the audience and were applauded for their deliveries.

Hopefully Maria and Mae will prove to be trailblazers for future success from St Bede's participants!

Mr Bogle
ICT and Computer Science



LIBRARY NEWS

June is a busy month in the library. We are a riot of colour and filled to the brim with fantastic displays celebrating Gypsy, Roma and Traveller History Month, Pride Month, Empathy Day, Refugee week, and Green Day.

Congratulations to **Alfie** in Year 7 who won Term 5's Get Caught Reading Challenge.



Book Club Round up:

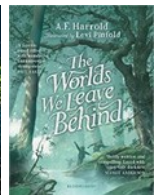
Yoto Carnegie Award for Illustration Shadowing Book Club

The year 7 Illustration Award shadowers have been hard at work reviewing this year's nominees and highly recommend:

The Comet by Joe Todd – Stanton as "the most beautiful book."

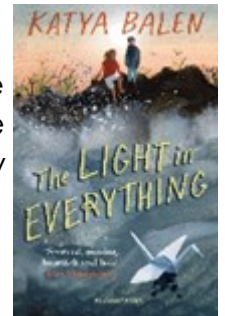
The Worlds We Leave Behind by A. F Harrold for its "detailed illustration"

and *Rescuing Titanic* by Flora Delargy for "its overall design and the use of illustration to convey emotion in a non-fiction book."

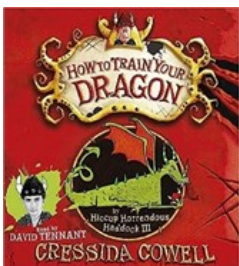


Yoto Carnegie Award for Writing Shadowing Book Club

The Year 9 Carnegie Writing Award book club will be attending the Clifton Carnegie Contest next week with a dramatic performance based on one of our favourite shortlisted books - *The Light in Everything* by Katya Balen



All books shortlisted are available to borrow in the Library.



Adventure Fantasy Book Club - Monday Lunchtimes 12.45 – 13.15

Are you a fan of fantasy stories; books full of adventure with the odd dragon? Join us Monday lunchtimes.

We will start by listening to David Tennant reading *How to Train Your Dragon* by Cressida Cowell. See Mrs Hayman or Mrs Nicks to sign up.

Graphic Novel Book Club - Friday Lunchtimes 12.45-1.15pm

If you have an idea for a book club you would like to run in the Library, please speak to Mrs Hayman or Mrs Nicks.

Advance Notice: The Library will be closed during break and lunchtimes in Enrichment week, the 10th to 14th July. We will be open as normal before and after school.



DUKE OF EDINBURGH

A huge thank you to Dr Walsh, Miss Saban and their team for their hard work and commitment in ensuring our students have accessibility to these wonderful opportunities.



**YOUTH
WITHOUT
LIMITS**

Thank you

to

The Duke of Edinburgh's Award participants

from

St Bede's Catholic College

who spent

3796 Hours

**volunteering between
1 April 2022 and 31 March 2023.**

We are immensely proud of the dedication, effort and achievement
of young people making an impact in their community.

The social value of these hours is

£18257

RUTH MARVEL, CHIEF EXECUTIVE

June 2023

SAFEGUARDING SPOTLIGHT

Vaping – the Dangers

Short-term effects can include:

- coughing
- headaches
- dizziness, and
- sore throats.

Long-term effects are, as yet, unknown.

Vaping and the Law

Vapes and vaping products containing nicotine, like tobacco, are age restricted. It's illegal to sell them to under 18s, and for adults to buy them on their behalf.

Top tips: How to have a conversation with your child about Vaping

Find the right moment;

When you see someone vaping, walk past a vape shop or see advertisements. Ask questions.

What do they think about vaping?

Do they know people who vape?

Why do they think people vape?

Listen to them, learn from them, but also use your knowledge to help them understand the facts and that vapes are not harmless. Talk about your expectations

Explain your concerns and tell them why you don't want them to vape or smoke and to make clear that although neither are recommended, smoking is the far greater risk.

Let them know that you care about them, explain that those who knowingly sell vapes to under 18s don't care who they sell to and they are just interested in making money.

Talk about the different reasons why children may vape, give examples such as wanting to fit in, curiosity, stress.

Talk through effective ways to respond if they ever feel pressured to try it and practise responding together.

If your child is vaping try to understand why they are vaping by asking questions like "What do you enjoy about vaping?" Or "How does vaping make you feel?". Understanding this might help you to understand their needs and discuss other ways to meet those needs.

Extract and advice from Action on Smoking and Health (ASH).
More details can be found here;
www.talktofrank.com/drug/vapes





NATIONAL THANK A TEACHER DAY THANK YOU



TO ALL TEACHERS AND SUPPORT
STAFF IN SCHOOLS, COLLEGES AND
EARLY YEARS ACROSS THE UK!



SEND YOUR FREE E-CARD AT WWW.THANKATEACHER.CO.UK

St Bede's SEN Family Support Group



Tea, coffee & biscuits provided.



NEURODIVERSITY

DATE & TIME:
19TH MAY
9AM-10:30AM



MENTAL HEALTH &
WELLBEING

DATE & TIME:
23RD JUNE
9AM-10:30AM



BRISTOL PARENT/CARER
FORUM VISITING
SPEAKER

DATE & TIME:
7TH JULY
9AM-10:30AM

To book a
place, please
email:



l.simpson@stbcc.org




SAY
SEND AND YOU
SENDIAS

Join Bristol Educational Psychology Service for a session on -

Attunement: Building Connections with your Child

Wednesday 7th June 2023
4pm - 5pm

An online Event



SAY
SEND AND YOU
SENDIAS

Join Bristol Educational Psychology Service for a session on -

The Teenage Brain

Friday 16th June 2023
12.30 - 1.30 pm

@ Royal Oak House,
Queens Square (BS1 4GB)





SAY
SEND AND YOU
SENDIAS

Join Bristol Educational Psychology Service for a session on -

How to support your child with their Maths and Literacy at home

Monday 3rd July 2023
12.30 - 1.30 pm

@ KPMG, Queens Square
(BS1 4BE)



SAY
SEND AND YOU
SENDIAS

Join Bristol Educational Psychology Service for a session on -

Emotion Coaching

Wednesday 12th July 2023
1pm - 2pm

@ Royal Oak House,
Queens Square (BS1 4GB)

Do you often feel like you miss out on accessing support for your family?

Sign up to our newsletter today to find out about free local support and information from across Bristol

www.bristolparentcarers.org.uk/join-us/

