

St. Bede's Catholic College

Specialist Science and Sports College

T: 0117 377 2200

E: contact@stbcc.org

W: www.stbedesccl.org

Tw: STB_Bristol



Newsletter

Issue 358 24th November 2023

MESSAGE FROM PRINCIPAL

We are proud of the Year 11s as they have begun their mock exams with a focused seriousness that bodes well for their chance of success. We wish them well as exams continue into next week.

Last week's assemblies on the dangers of vaping were engaging and informative. More details can be found later in the newsletter - please do speak to your children about this issue.

The whole college community continues to pray for peace. The stories coming from Gaza are heart breaking. We also pray for those affected by war in Sudan, Syria and Yemen. As Pope Francis prayed, so do we:

Now, Lord, come to our aid! Grant us peace, teach us peace; guide our steps in the way of peace. Open our eyes and our hearts, and give us the courage to say: "Never again war!"; "With war everything is lost". Instil in our hearts the courage to take concrete steps to achieve peace. Amen

REFLECTION 30 November – St Andrew

This week we celebrate the feast day of St Andrew. St Andrew is the patron saint of Scotland.

St. Andrew was the brother of Simon Peter. He was a fisherman and a follower of St. John the Baptist. When he heard the call of Jesus, he immediately left everything and followed Him. Among the 12, Andrew and Peter were especially close to Jesus.

After the ascension of Jesus to heaven, Andrew went to Greece to preach the gospel. In the year 70 he became a martyr. He was put to death on a cross to which he was tied, not nailed. It was a cross in the form of an X, which is now called "St. Andrew's Cross" which is shown in the flag of Scotland. He lived for two days, suffering, yet still preaching the gospel.

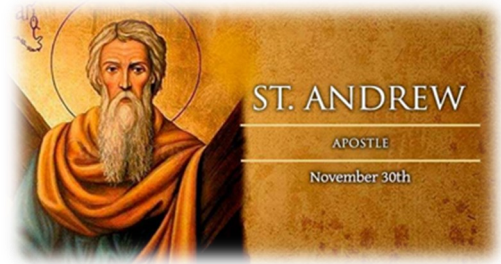
Although he probably never visited Scotland, it is said that his relics were brought, and the place they visited was later called St Andrews.

Reflection: "If we strive for goals, relishing in the pleasure of circumstance, nothing is enjoyable, and life becomes purposeless." Quote from St Andrew

Prayer: Prayer of St Andrew

Creator God, your Son Jesus, called Andrew the apostle to preach the good news.

May his prayers in your presence give us courage to follow you and to be an inspiration to us as we share your good news with others through the actions we take. Amen



DATES FOR YOUR DIARY 2023

4th December

Parents Meeting for
Ski trip
6.00pm

7th December

Year 13 Parents'
Evening
4.00pm—7.00pm (in
person)

12th December

Advent Service
6.30pm

13th—14th December

Nasal Flu
Vaccinations

15th December

Last Day of Term 2
College will close at
2pm

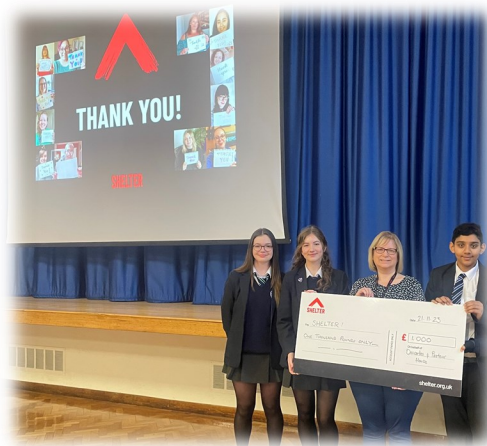
SHELTER

Working with Shelter to Support the Homeless

Pasteur and Descartes were delighted to welcome Julie, from Shelter, to our assemblies recently. Julie shared information about the types of homeless people (from babies and children to adults) in Bristol and across the country, as well as what their challenges are, what we can do to help them and how our fundraising can and will help so many people.

Julie was happy to receive a cheque for £1000 to represent the funds raised so far from our Sleepover for Shelter and Family Quiz night, with more exciting fundraising events planned for later in the year (including a Winter Walk in the first week of December)

We all agreed that we are really enjoying our collaboration as we come together to support our wider community - especially at such a meaningful time of year. A huge thank you to all our pupils, staff and families for all your support!



YEAR 7 RETREAT TO VINEY HILL

Earlier in November, a group of Year 7 pupils visited Viney Hill Christian Activity Centre in the Forest of Dean for the Year 7 retreat.

We were blessed with great weather, as we enjoyed a variety of outdoor activities and spent time reflecting on the theme of the retreat, 'Our Journey'.

Christabel, in Year 7 said:

I really enjoyed Viney Hill because it was such a great opportunity to make new friends and push yourself to overcome our fears of doing something new and scary.

At first most people found things like the Leap of Faith quite scary, but pretty much everyone managed to do it and persevere because the instructors were really encouraging and easy to trust and like.

When I went on the trip I didn't know any of the girls but after just one night we were all really good friends and we really enjoyed it. I would totally recommend it. It was a fantastic trip!



CHRISTMAS LUNCHES

Our annual Christmas Dinner will take place on Wednesday 13th December. The cost of the dinner is £2.75.

Please book via ScoPay (at the very bottom of the page) for either a Traditional or Vegetarian Option.

Please note pupils on Free School Meals do not need to book via ScoPay and can book their choice of meal at the College Reception.

Tickets will be issued to all pupils who have purchased a dinner on the day.



THE BIG AMBITION

The Big Ambition aims to hear from children across England on what they think is important.

In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions, and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England.

The Big Ambition survey will be open until Friday 15th December.

[The Big Ambition | Children's Commissioner for England \(childrenscommissioner.gov.uk\)](https://childrenscommissioner.gov.uk)

This seems like a great opportunity for our children of all ages to contribute to the conversation at government level, in what will impact on them in the future.

It will also be a great exercise for PSHE/British Values.

I hope you can find the time to have a look at it, and get your children to



PRE-LOVED UNIFORM SALE

Thank you to families who have donated pre-loved uniform. We are delighted to announce that the first of our monthly pre-loved uniform sales, run by our student college council, will take place on **Wednesday 29th November** at **12:45pm** in **D9**.

This month we have a large number of St. Bede's rugby tops, winter tracksuit tops, skirts and trousers. Students will have an opportunity to purchase uniform during lunchtime for £5.00 per item (**cash only**)

Items will be sold, as seen, to students on a first come first served basis and all proceeds will go to our college charities; Shelter, St. Peter's Hospice and Children's Hospice South West.

Please note no refunds will be available for items purchased.



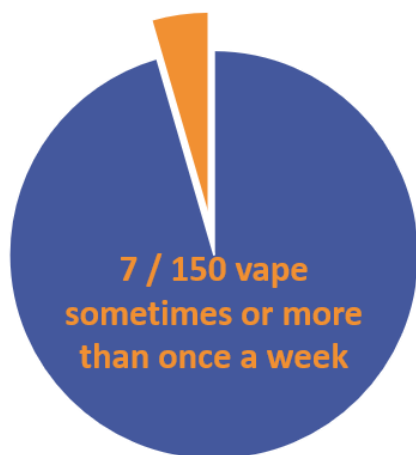
PSHCE - VAPING ASSEMBLY

An assembly about vaping was delivered to all year 7 - 11 students by Dr Jasmine Khouja of Bristol University last week.

Dr Khouka provided a definition of vaping, for what purpose they were designed and the dangers and the laws surrounding their use.

Advice and guidance was provided on how to not start vaping as most teenagers do not vape (11-15 only 3.7% vape more than once a week; 4.5% currently vaped less than or more than once a week), and of where to seek further help and advice.

How many young people vape?



IF YOU WANT TO LEARN MORE, OR HAVE ANY CONCERNS:

Talk to your teacher

Contact Smokefree Sheffield

www.smokefreesheffield.org

Visit Talk to Frank

talktofrank.com

If you are worried about your use, You can call FRANK on **0300 1236600** for friendly, confidential advice.

Parenthood..

The most rewarding job in the world

And also the toughest

Need some advice about your child's behaviour?

Contact YoungMinds
Parents Helpline
0808 802 5544
www.youngminds.org.uk/parents

YOUNGMINDS

SAFEGUARDING SPOTLIGHT

Digital Safeguarding is an important factor to consider at this time of year. As Christmas draws near, many children may be looking forward to receiving new electronic devices or games, so we feel that this is an appropriate time to highlight some straight-forward online safety tips to help parents/carers make safer choices and support their children online.

Top Tips

- Continue to take an active interest in your child's online life and engage in the digital world with them.
- Remind children that they can tell an adult if something happens online that makes them feel scared, worried or uncomfortable, without being told off or punished.
- Agree as a family, how the internet and technology will be used in your home; encourage children to use the online safety messages they learn in school and adapt these into your own family rules.
- Discuss online boundaries too; if your child loves to socialise online, talk to them about what is and isn't appropriate to share with their friends online.
- Always check the PEGI age rating and descriptors on games before buying them for your child and carefully consider whether the content is appropriate for them.
- Remember to role-model positive behaviour online; consider asking your child's permission before posting photos of them on social media this Christmas and empower them to have control over their 'digital reputation'.

Further information can be found here:

<http://www.childnet.com/parents-and-carers/have-a-conversation>

POSITIVE ASSESSMENT SUPPORT AND TRAINING—EXTERNAL AGENCY

If you have a neurodivergent teen encourage them to come along and have a chat with Laura and the mentors at P-ast. The sessions are held via zoom meetings to allow audience participation. Camera on or off, no judgement!

For further information and to secure a place for your teen please click [here](#):

Calling all

TEENS



**Join Laura and the Mentor Team
for dedicated Teen Talk
5th December @7:30pm**