

St. Bede's Catholic College

Specialist Science and Sports College

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Newsletter

Issue 359 8th December 2023

MESSAGE FROM PRINCIPAL

It has been a wonderful start to Advent at St Bede's! All students have had a chance to reflect on the meaning of Advent in this week's assemblies. The college band performed at Cabot Circus to raise money for the Julian Trust and the choir visited the residents at Blaise Weston Court to share some Christmas music. Next week sees us celebrate our Advent services, some of my favourite moments in the college calendar.

As you know, our primary responsibility at St Bede's is to keep all our students safe. Over recent weeks it has become obvious that a growing number of parents/carers are parking on Lawrence Weston Road, right outside the college, at the end of the college day. This area is very busy with pedestrians at this time and the parking spaces are needed to allow our college buses to park safely. Therefore I ask you all to park a little further away from college and not to use Lawrence Weston Road to park when collecting your children. Thank you for your full support in this matter.

Almighty God, grant us the grace to hope in you with unwavering trust. As we begin this season of Advent, may our hearts be filled with the hope that comes from knowing your promises are true. Amen.

REFLECTION – 6 DECEMBER -ST NICHOLAS

The feast day of St. Nicholas is celebrated on December 6

Nicholas was a 4th Century bishop. He was known for his generosity and kindness, which gave rise to legends of miracles he performed for the poor and unhappy.

One such story is that he gave 3 bags of gold to 3 sisters in their stockings which were drying over the fire, to allow them to marry as it was custom that the bride's family provided a dowry which they didn't have.

St Nicholas is the basis for Santa Claus or Father Christmas.

In many European countries St Nicholas Day is celebrated with children receiving gifts in remembrance of his charity to others.



Reflection: "The giver of every good and perfect gift has called upon us to mimic Gods giving, by grace, through faith, and this is not of ourselves." St Nicholas

Prayer:

God of joy and cheer, we thank you for your servant, the good bishop Nicholas.

In loving the poor, he showed us your kindness;

in caring for your children, he revealed your love.

Make us thoughtful without need of reward so that we, too, may be good followers of Jesus. Amen

DATES FOR YOUR DIARY 2023

12th December

Advent Service
6.30pm

13th—14th

December

Nasal Flu
Vaccinations

15th December

Last Day of Term 2
College will close
at 2pm

2nd January

Start of Term 3

8th January

Year 13 mock
examinations start

11th January

Year 11
Progress Evening
(in person)

UNIVERSITY VISIT FOR MUSIC STUDENTS

On Friday 1st December, a group of 45 GCSE and A-Level music students had the opportunity to spend a day at the University of Bristol's Music Department at the Victoria Rooms in Clifton.

Students were able to hear from several student ambassadors about their experience studying at university, before being given a tour of the department. Students then attended a fantastic concert by the Music Society's Wind Orchestra. It was an enriching experience for all students, giving them an insight into life and study at higher education.



MUSIC EXAMINATIONS

Congratulations to the following students for achieving highly in their recent music examinations:

Kelly-Anne Magbanua Grade 6 Singing—Distinction

Sara Sobiechowska Grade 1 Piano—Merit

Tereska Parry Grade 3 Piano—Pass



ROYAL NAVY WORKSHOP

Earlier this week, we were delighted to welcome the Royal Navy to our Food Department to run a series of workshops with the GCSE Food and Nutrition groups.

They were inspiring members of the team and gave the children some amazing information on life in the Navy and aiming high to achieve your dreams.

All of the students worked in teams and made cornish pasties and pavlovas, which were then judged by the Navy chef team leader!

A fantastic experience for our students.



BRISTOL SCHOOLS RUGBY FINALS

The Bristol State Schools rugby competition runs for both Year 9 and 10 boys. This year, after completing their qualifying league both teams made the finals.

The Year 9 team played Castle in their semi final and came out convincing winners with the final score 35-10. They moved into the final full of confidence, against Mangotsfield. They played some excellent rugby and with the forwards working hard to win the ball at the breakdown, together with the pace of the backs, they proved too much for Mangotsfield. The final score was 35-15. This is the first time St. Bede's has won this competition and will now represent Bristol in the South West finals on 8th February. Congratulations to all of the squad, you should be very proud of your achievements.

The Year 10 team played Oasis Brislington in their semi final. Unfortunately, after missing a couple of tackles the boys were faced with an uphill struggle but fought back incredibly well in the second half. We lost 35-25 but the spirit they showed definitely helped them in the 3rd / 4th place game. We met Oasis John Williams who won the event last year and had beaten us by 4 tries earlier this year. They played some of their best rugby of the season, and in a very tense game they took their opportunities and won 20-15. Many congratulations to the squad and team spirit that you showed in both games.



CHRISTMAS DINNER

A reminder that the college will be serving Christmas Dinner on Wednesday 13th December.

There will be no other canteen service available on this day for students who have not purchased a ticket. Please ensure a packed lunch is provided.

PRE-LOVED UNIFORM SALE

Thank you to families who have donated preloved uniform. We were delighted that the first of our monthly sales was so successful.

The next sale will take place after Christmas. If you have any college uniform which is no longer suitable for your child, please consider donating it to the college. Thank you in advance.

CABOT CIRCUS CAROLS

Well done to our college band who performed carols at Cabot Circus earlier this week. They were amazing, raising money for the Julian Trust.



HEALTH-BASED PHYSICAL EDUCATION

Throughout Key Stage 3, students will take part in a Health-Based Physical Education program (HBPE) designed to positively impact the physical activity behaviours of young individuals.

In Year 7, emphasis is placed on developing movement literacy through a dedicated block. As students progress to Year 8, they utilize their creative skills to lead each other through self-designed circuits and engage in a variety of physical activities, including Boxercise, Yoga, Spinning, Rowing, and Crossfit. Presented below are some photos capturing the Year 8 boys actively participating in these activities:



CHRISTMAS THANK YOU

As we approach the end of term, we're aware of the heightened financial pressures that many of you are facing at the moment.

As such, we want to emphasise that our staff are not expecting any 'thank you' gifts from students and their families.

Should you still wish to say 'thank you', we always appreciate emails, homemade cards and letters, or a spoken 'thank you' – kind words mean a lot!

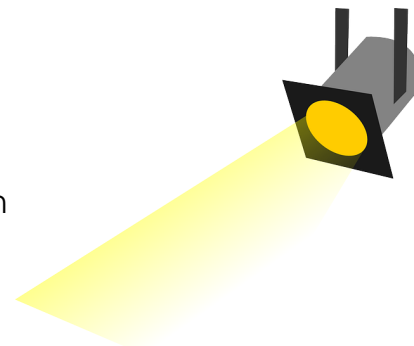
Thank you for your continued support.

Best wishes, Mr King

SPOTLIGHT:

Attendance: Term 2 Week 5

At this time of year, we sometimes see lower attendance in our schools.



Attendance during one school year	Number of days missed	Number of lessons missed
95%	9 days	54 lessons
90%	19 days	114 lessons
85%	28 days	168 lessons
80%	37 days	222 lessons
75%	47 days	282 lessons
70%	56 days	336 lessons
65%	65 days	390 lessons

As we are now in winter season, we are going to have more illness going around. If you are unsure or would like any guidance on if your child should come to school, please follow the link to the NHS guidance <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/> Further information on the NHS app is available on the next page

Is your child getting enough sleep?

Age Range	Recommended Daily Sleep
6-12 years	9-12 hours
13-18 years	8 – 10 hours
18 years and older	7 or more hours

The above is the recommended amount of sleep that is required to ensure our overall better health but especially mental health, quality of life, improved attention and memory but also better ability to control our emotions. Some of the more well-known tips for better sleep are:

- * Make a relaxing bedtime routine
- * Disconnect from devices
- * Block out light and noise
- * Set room temperature to around 18 degrees
- * Get up at the same time each morning

If you would like more information there are many different websites that you can give advice on the different tips and solutions.

SAFEGUARDING SPOTLIGHT

Free NHS app helps families care for their poorly child

As winter sets in and common childhood illnesses become more frequent, families are being encouraged to use a free NHS app to help them decide how best to care for their child.

The HANDi app, which has been developed by a team of specialist children's doctors, is quick and easy to use and gives parents and carers expert advice on a range of childhood illnesses. These include diarrhoea and vomiting, high temperature, tummy pain, chestiness, head injuries and common problems experienced by newborn babies.

The app takes families through a series of questions about their child's symptoms and then advises on the best course of action, whether that's to treat at home, to make a GP appointment, call NHS 111 or call 999.

The HANDi App is available to download for Apple phones from the app store or iTunes and for Android phones at Google Play. Alternatively, please use the following QR code:



NASAL FLU VACCINATIONS

Nasal flu vaccinations will be administered by Sirona in college on Wednesday 13th and Thursday 14th December.

Please note that the deadline to book this vaccine is on Monday 11th December at 9am. If you have not booked via the link at this time, your child will not be able to receive the vaccination in school.

CHRISTMAS JUMPER DAY

Christmas Jumper day will be celebrated on Friday 15th December. Any donation will be appreciated and all proceeds will go towards our chosen charities.



ANNOUNCEMENT TEAM PHOTOGRAPHS



Students who have represented the college in the following sports teams will be having their photograph taken on Thursday 14th December:

- Netball
- Rugby
- Football
- Sportshall Athletics

Please remember to bring clean PE kit.

CYBERFIRST GIRLS COMPETITION 2024

The CyberFirst Girls' Competition is designed to provide a fun but challenging environment to inspire the next generation of young women to consider a career in cyber security. It is administered by the National Cyber Security Centre which is part of GCHQ, the UK government's intelligence and security organisation.



Two years ago, a team of Year 8 St Bede's students achieved the amazing feat of qualifying for the UK regional finals in Cheltenham in February 2022. At the finals, they were presented with gift bags and a certificate as runners up from Alex Chalk QC, now the Government's Lord Chancellor and Secretary of State for Justice.

Following in their footsteps, 5 teams of Year 8 girls competed in this year's competition. On Monday we discovered that the winning team for the southwest of England came from another school. Nonetheless, we are very proud of the efforts and commitment of all the students who participated in their free time over a period of nine days and evenings.

Congratulations to The Dazzle Divas team who overtook the early lead established by The Fruits and Cheese and Pineapple teams to take top spot for St Bede's, a phenomenal effort by **Laura, Orla, Shania** and **Liliana**, well done!

EXTERNAL AGENCY—PARENT SUPPORT

Speek is a safe space for parents to find judgment-free support for navigating parenting when your young one struggles with their mental health, hurting themselves, or engaging in risky behaviours.

Speek run evidence-based programmes curated and delivered by highly experienced Clinical Psychologists in a group of 6-8 parents. Connect with a community of experts & parents who understand we're here with you.

Speek programmes are delivered online, from the comfort of your home.

To get started on your journey with Speek, book one of the Speek psychologist curated and delivered skill-building weeklies. Each Connect and Learn session is designed to be done in just 60 minutes or less, offered at multiple dates and times throughout the next month. <https://bit.ly/46Jl2qT>

ST BERNADETTE CATHOLIC SECONDARY SCHOOL ADMISSION POLICY

The governing body of St Bernadette Catholic Secondary School are consulting on their proposed admission arrangements for the 2025-26 school year. The proposed changes are:

SS Peter & Paul Parish, Redland, is added to the list of designated Catholic Parishes served by the school, in section 12. A map of the parish may be viewed on the consultation page of the school website. No other changes are proposed.

You are invited to provide any comments you may wish for consideration on the proposed arrangements by Friday 26th January 2024.

Comments should be sent for the attention of Mrs K Scott. They can be emailed to info@stberns.bristol.sch.uk or posted to the school at Fossedale Avenue, Whitchurch, Bristol, BS14 9LS.



Cuppa & Amble for Parents

of children all ages

**Begins
Tuesday 5th December
10-11:30am**

Everyone welcome at our new group for parents and carers. Meet at Greenway, have a cuppa, take a stroll in good company through Badock's Wood, and share the load and the joy!

We will meet this year on - 5th December, 12th December, 19th December, then every week starting Tuesday 9th January.

For more info, contact Eve, email: evpayne@southmead.org, tel: 0117 950 3335. Greenway Centre, BS10 5PY. www.southmead.org




SOUTHMEAD DEVELOPMENT TRUST



MURMURATION COMMUNITY THERAPY



New SEND Parent Carer Nurture Groups

Starting January 2024: 8 sessions to build emotional wellbeing and friendship amongst a small group of SEND parents.

Brislington - Tuesdays - 1-2:30pm,
Broomhill Children's Centre, Fermaine Ave, Brislington, BS4 4UY

Upper Horfield - Wednesdays 10.30am - 12noon
Upper Horfield Children's Centre, 34 Sheridan Rd, Horfield, BS7 0PU

Eastville - Wednesdays 8 - 9.30pm
Nissen Hut, Eastville Park, Fishponds Rd, Eastville, BS5 6XA

Places are free, we welcome donations.

FOR MORE INFO AND TO BOOK VISIT
MURMURATIONCOMMUNITYTHERAPY.COM

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