

# St. Bede's Catholic College

Specialist Science and Sports College

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## Newsletter

Issue 361 12th January 2024

### MESSAGE FROM PRINCIPAL

It is great to be back and the first fortnight of term has been a good one at St Bede's! We have focused on the themes of Witness at Epiphany and Glory. Students understand that it is okay to be rewarded with praise for something remarkable or praiseworthy as long as it is aligned with Christ's teaching. We want to follow the teaching from Mathew's gospel: "Let your light shine before men, that they may see your good works".

We are proud of the start Year 13 have made in their mock exam season and wish them well with the second week of exams. We believe in them and know they will make the most of the gifts and talents God has given them.

*Lord God, through your grace we are your people:  
through your Son you have redeemed us;  
in your Spirit you have made us as your own.  
Make our hearts respond to your love.  
Make our lives bear witness to your glory in the world.  
Make our wills eager to obey, and our hands ready to heal.  
Make our voices one with all your people in heaven and on earth.  
Amen*

### REFLECTION –St Hilary of Poitiers

**The Feast Day of St Hilary of Poitiers is celebrated on 13 January**

Hilary of Poitiers was Bishop of Poitiers and a Doctor of the Church. His name comes from the Latin word for happy or cheerful. Hilary was born at Poitiers either at the end of the 3rd or beginning of the 4th century A.D. His parents were pagans. He received a good pagan education, which included a high level of Greek. He studied, later on, the Old and New Testament writings, and with his wife and his daughter was baptized and received into the Church, after which he was appointed as Bishop.



He was one of the great champions of Catholic belief in the divinity of Christ. His ambition was to be called a pupil of the truth. The truth being found in the Gospel messages. Hilary died in Poitiers in 367. Pope Pius IX formally recognized him a Doctor of the Church in 1851.

#### Reflection:

"I am well aware, almighty God and father, that in my life, I owe you a most particular duty. It is to make my every thought and word speak of You." St Hilary of Poitiers.

#### Prayer:

Grant, we pray You, Almighty God, that the example of St Hilary and that of all Your Saints may lead us to a better life, so that by keeping their feast-days we may be brought to imitate their good deeds. St Hilary was a champion of the Truth; may we never tell lies to excuse ourselves, to hurt others, to gain or to make ourselves look more important. Through Christ Our Lord. Amen.

## DATES FOR YOUR DIARY 2024

**17th January**  
GCSE Drama trip

**18th January**  
A Level Drama trip

**18th January**  
Year 8 HPV  
Vaccination

**22nd January**  
Year 11 Poetry Live!

**25th January**  
Year 8 and 9  
Curriculum Evening

**29th January**  
A Level Music trip

## SPORTS TEAMS PHOTOS

If your child represented St. Bede's in school sports competitions between September and December 2023, team photos are now available to purchase. These images are mounted and will cost £3.00 each.

Please use the link below to order:

<https://forms.gle/KTD885uSxCkiQaaW7>

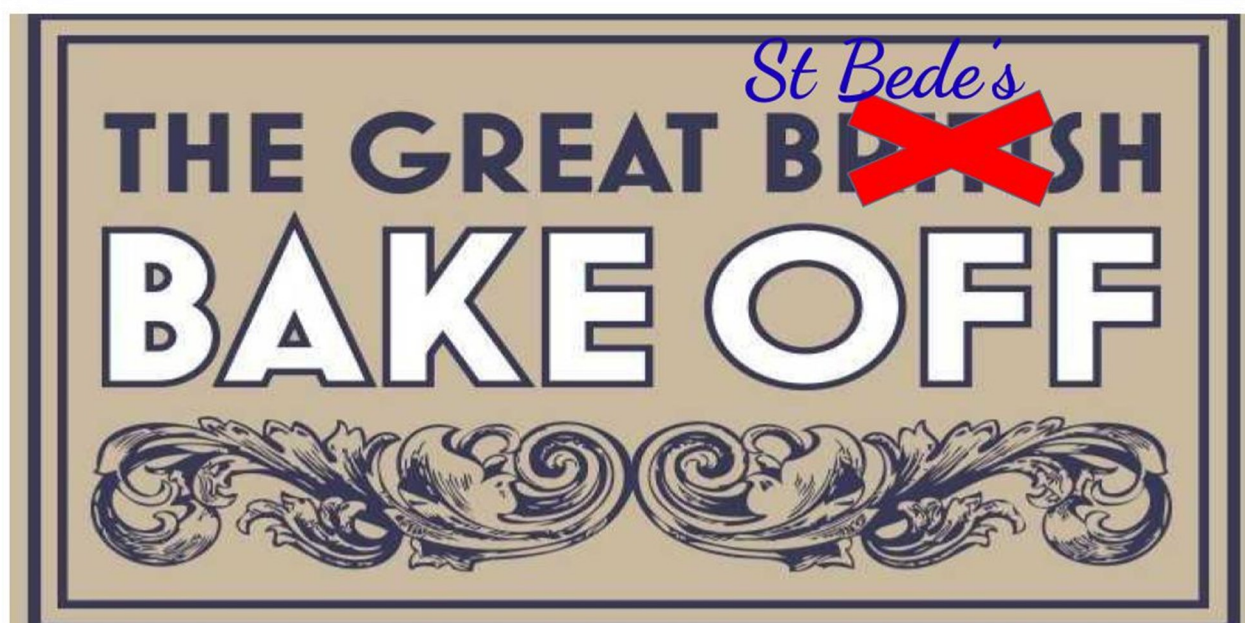
If you have any queries please contact  
barleyc@stbcc.org



## COLD WEATHER AND COATS

Please do send your children in with coats on in the colder weather. They can be worn anywhere outside. Remember, no hoodies or non-college jumpers.

If you need some help with a coat, we can help; please contact Mr O'Rourke.



**29th January 2024**

Please see your tutor for details.

## SAFEGUARDING SPOTLIGHT

### This time of year is a great time to re-consider our sense of purpose

Having clarity about our aims and ambitions can make it easier to get up in the morning. A purpose instils us with energy, gives us a sense of direction, encourages engagement with the world around us and creates a clearer sense of self. Having a purpose provides us with a focus and a sense of achievement as we work towards our target.



Studies have shown that when people feel like they are contributing to a higher purpose, they often have a healthier and happier outlook. They can also prove more resilient to stress.

Physical fitness is a great way to find a sense of purpose. Whatever the parameters of your physical abilities, having something to train towards creates purpose.

As well as improving our fitness, exercise has an added benefit. When we get our body moving, our brain's hypothalamus and pituitary gland produce neurochemicals called endorphins, which create a sense of euphoria and well-being and help to combat stress.

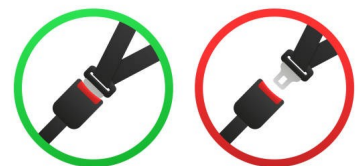
Physical activity also stimulates the release of dopamine, norepinephrine, and serotonin which all play an important role in regulating mood. Exercise actually helps us to feel happier.

Extract from [www.bbc.co.uk](https://www.bbc.co.uk) <https://bbc.in/38fVFjE>

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### An Important note about Seat Belts

The rule is, if the vehicle is fitted with seatbelts, it is the responsibility of the passengers to use them.



Please remind your son or daughter to wear the belt and remain seated at all times when travelling to and from college.

## EXTERNAL ORGANISATION

Out and About, Bristol are running a free cinema session on Thursday 15<sup>th</sup> February for families with disabled / SEND children – Max 6 tickets per family

The film will be announced on the 1<sup>st</sup> February, and will be shown at Showcase Cinema in Avonmeads.

Families must live in Bristol (the event is funded by Bristol City Council)

Please click the link for following information:

<https://form.jotform.com/240083497245358>



## LIBRARY NEWS

*"If I had my way, I'd remove January from the calendar altogether and have an extra July instead."* Roald Dahl

Here in the Library we don't mind January as long as we've got a good book!

At St. Bede's, we invite staff and pupils to start the new year by sharing our reading resolutions so we can support each other and create some book chatter. Pick up a form from the Library if you'd like to join in.



**NEW YEAR'S READING RESOLUTIONS 2024**

#1

#2

#3

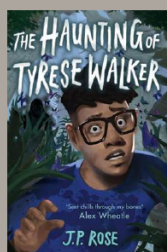
Ask me how I'm doing, to encourage me to achieve my resolutions

Share your reading aims with me too, so we can all support each other.

The Year 7 Science book club is running on Thursday lunchtimes. We are following the Royal Society Young People's 2023 Book Prize. Our students are currently in the reviewing stage, watch this space for our recommendations and the winners.



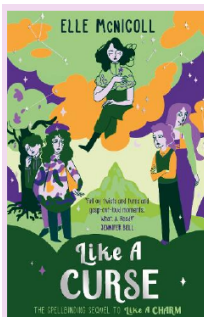
Congratulations to **Oliwia** and **Noah**, who won last term's 'Get Caught Reading'. Thank you for letting us take your photos - and we hope you enjoy your books! We have given Achievement Points to everyone who 'Got Caught' more than ten times. Well done, everyone!



This was a step outside my comfort zone for me. I've probably mentioned before that I don't do horror. I may have had to do a couple of pages of this book with my eyes shut!

That aside, this is an excellent, atmospheric book with a side helping of Caribbean folklore.

*Mrs Hayman recommends this book*



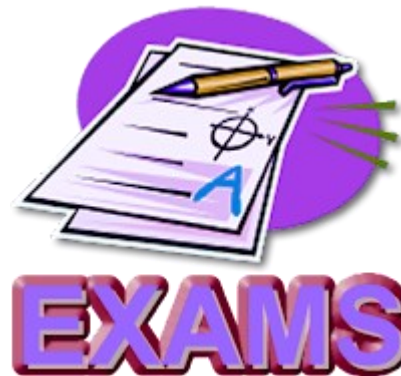
This is the second book in this series by Elle McNicoll. Set in Edinburgh and Loch Ness. Starring a neurodivergent lead character who is both relatable and brilliant.

It is brim full of magical creatures. I have not read the first book, it didn't matter, it stands well enough on its own. A fast paced plot with plenty of heart.

*Mrs Nicks recommends this book*

**Our first recommendations of 2024**

# EXCITING CASUAL JOB OPPORTUNITY AT ST BEDE'S



## Exams Invigilator

St. Bede's Catholic College is looking to recruit Exams 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 morning and afternoon sessions.

Depending length of exams

8:30am—12:00 noon

AM Session

12:30pm—3:30pm

PM Session

The hourly rate of pay is £11.50

### Dates of public examinations

#### GCSE & A LEVEL

**\*Essential to be available on these dates**

Monday 13th May

Wednesday 26 June

\*A training day will be held in March 24  
(date to be confirmed)

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 to you.

If you have any queries, please contact Miss Mendez (Examinations Officer)  
[exams@stbcc.org](mailto:exams@stbcc.org)

Come and join the team!



# COMPETITION

DESIGN YOUR OWN MAGICAL CREATURE



GET CREATIVE—  
DRAW, PAINT, COLLAGE, SCULPT, KNIT OR BUILD YOUR OWN  
MAGICAL CREATURE!



TELL US A BIT ABOUT YOUR CREATURE:

- WHAT IS IT CALLED?
- DOES IT HAVE SPECIAL POWERS OR ABILITIES?
- IS IT FIERCE OR FRIENDLY?



Bring entries into Bristol Central Library or  
email photos to [childrens.library@bristol.gov.uk](mailto:childrens.library@bristol.gov.uk)  
by Sunday 25th February.

ENSURE YOUR FULL NAME, AGE AND CONTACT DETAILS ARE INCLUDED. YOU MUST BE AGED BETWEEN FOUR AND 18 YEARS OLD TO ENTER. UNFORTUNATELY, ENTRIES CANNOT BE RETURNED TO ENTRANTS. ENTRIES MAY BE DISPLAYED IN THE LIBRARY. WINNERS WILL BE ANNOUNCED BY FRIDAY 1ST MARCH.

PRIZES HAVE BEEN KINDLY DONATED BY HACHETTE CHILDREN'S GROUP AND FLYING EYE BOOKS.



**Bristol Libraries**  
[www.bristol.gov.uk/libraries](http://www.bristol.gov.uk/libraries)





**NEW**

**changes**  
Bristol

# SUPPORT GROUP!

**THURSDAYS**

**10am-12pm**

A confidential and judgment-free place to talk openly about your wellbeing.

Completely free.

No referral needed. Just turn up!

**Ambition Lawrence Weston  
Community Centre**

## MEN OF COLOUR WELLBEING GROUP

**WEDNESDAYS**

**St Paul's Learning Centre  
5.30pm - 7.30pm**

Safe, non-judgmental, confidential space to listen and discuss wellbeing, life and anything else with other men of colour.

Facilitated by men of colour.

**FREE | NO REFERRAL NEEDED**

**changes**  
Bristol

**18+**