

# St. Bede's Catholic College

Specialist Science and Sports College

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## Newsletter

Issue 367 26th April 2024

### MESSAGE FROM PRINCIPAL

Spring is here! The first fortnight of term has certainly been a time of hope as students spend time thinking of how they can improve themselves and their community. In assemblies last week, I encouraged students to consider the Common Good when making decisions on the way they conduct themselves. As staff, we are focusing on Behaviours for Excellence and working harder than ever to ensure that the environment is a positive one in which all students and staff can flourish.

*Lord, we thank you for those who have been an inspiration to us. Thank you, for calling us through the Gospel to work together, and for each other. We pray for others working for the Common Good and for those who resist it. Amen*

### REFLECTION – 29 April St Catherine of Siena

**Next week we celebrate the Feast of St Catherine of Siena**

Catherine was born in Sienna and died in Rome. She promoted peace in Italy.

At the age of six, Catherine had a vision of Jesus Christ. She continued to receive many visions throughout her life.

She devoted her life to improving the Catholic Church, helping the ill, poor, and spiritually underprivileged.

She is credited with composing over 400 letters, her Dialogue, which is her definitive work, and her prayers, which taught that if you love your neighbours it is loving God. These works are so influential that St. Catherine would later be declared a Doctor of the Church.

She is one of the most influential and popular saints in the Church. Her quotes, though over six hundred years old, are still relevant today

**Reflection:** "Be who God meant you to be and you will set the world on fire."

*St Catherine of Siena*

**Prayer:** Prayer for the intercession of St Catherine

O Saint Catherine of Siena, God our Father enkindled the flame of holy love in your heart as you meditated on the Passion of Jesus His Son. Moved by His grace, you devoted your life to the poor and the sick, as well as to the peace and unity of the Church. Through your intercession, may we also come to know the love of Jesus, bring His compassion to all, and work for the unity of His Church.



## DATES FOR YOUR DIARY 2024

**29th April**

Year 12 Mock Exams commence

**30th April**

Rome Information Evening 6.00pm

**2nd May**

Annual Prize Giving 6.30pm

**3rd May**

Year 13 Leavers' Day

**6th May**

**BANK HOLIDAY**

**13th May**

GCSE & A Level Exams commence

## BBC POLITICS WEST

Last week we welcomed a team from BBC Politics West to Areté. Sixth Form students were invited to share their perspectives on the government and voting. On Sunday, 21st April they were featured on Politics West:

<https://www.bbc.co.uk/iplayer/episode/m001ylws/politics-west-21042024>



## EXTENDED PROJECT QUALIFICATION WORKSHOP

The Year 12 EPQ (Extended Project Qualification) students attended a workshop run by Katrina Luedekke from the University of Southampton on research skills recently. This was really helpful as they start their projects and make decisions about what topic they are going to investigate.

They learnt where to find good quality, academic articles, hints and tips of the most productive way to use and analyse the data they find and finally how they can critically evaluate the sources they use. The EPQ students will be working on these projects until November and the qualification is worth half an A Level. They will learn key skills that will help them in future work and study, and gain UCAS points. Some universities lower their offer if a student has achieved a good grade in the EPQ.

Ms Gibson  
Sociology and EPQ Lead



## UNLOCK CYBER CHALLENGE

Congratulations to **Gabby, Finnian, Oliver** and **Troy** who were the winners of the 2024 Unlock Cyber Challenge, an online cyber security competition open to all Year 8 students from schools in the south west of England.

Competing under the team name "Hackproof", they were among 30 of our Year 8 students who participated in the challenge last month.

The annual challenge is hosted by Immersive Labs, a leading Bristol-based cyber security training company who work with some of the world's largest companies.

Team Hackproof had to learn new cyber security skills in their spare time using Immersive Labs' training platform and then see off competition from Bristol Grammar School and other schools further afield to prove themselves the worthy and convincing winners of this year's competition.



## CASHLESS CATERING

Please be advised that we are going to start emailing families on a weekly basis where their children's accounts are in arrears. If the account is in arrears for more than 2 weeks families will be emailed to request they clear the arrears as soon as possible. We currently have a number of accounts that require topping up because arrears have been outstanding for some time. If your child's account goes into arrears by £7.50 or more you will be contacted by phone to discuss further.

Please note if your child is entitled to Free School Meals and goes into arrears, we will amend their account so that they can only spend the FSM allocation until the arrears are paid. Please note, an underspend on their FSM allocation is not offset against any arrears.

Should you wish your child to have NO access to the canteen, a limit on their daily expenditure or that they are limited to their FSM allocation only, please email [cheshirem@stbcc.org](mailto:cheshirem@stbcc.org) to that effect, stating your child's name and the relevant amount. Thank you.



## SAFEGUARDING SPOTLIGHT

### Exercise actually helps us to feel happier

The Government Live Well guidelines recommend that for 5-18 years, children should be averaging at least 60 minutes of moderate intensity physical activity across the week. For 19-64 years, Adults should be doing at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous activity per week. You can read more here: <https://www.nhs.uk/live-well/exercise/>



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.

At St. Bede's we offer numerous sport and fitness extra-curricular activities for our students. Please speak to a member of the PE faculty for further information.

## VACANCIES

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

### Art and Design Teacher

Full time / 0.8 contract starting 1st September 2024

### Music Teacher

Part time 0.6 / 0.8 contract starting 1st September 2024

### English Teacher

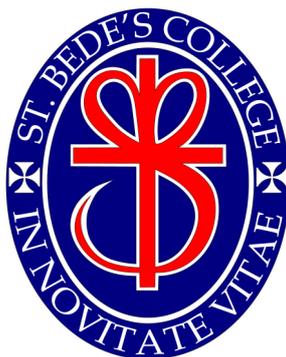
Full time, contract starting 1st September 2024

### Admin Officer

Full time, term time, contract 1st July 2024

Further information and an online application form can be found on our website: [bit.ly/3rWy5rJ](https://bit.ly/3rWy5rJ)

If you have any queries, please contact Mrs C Walker, PA to the Principal via [walkerc@stbcc.org](mailto:walkerc@stbcc.org)





# LAWRENCE WESTON RD. PATH IMPROVEMENTS CELEBRATION

WITH GUIDED WILDLIFE WALK  
AND NATURE STORYTELLING

**Saturday 27th April 2024**

**12:30pm • Free**

**Meet at the southeastern entrance of  
Lawrence Weston Rd. traffic-free path,  
opposite Atwood Drive, BS11 0SR  
what3words: ///teams.wizard.dust**

- Nature walk with Avon Wildlife Trust -
- Storytelling from Corinne Harragin -
- Free food -

**Event spaces are limited, with priority  
given to free ticket holders.**

For more event details, and to book a  
free ticket to secure your spot, visit:

**[www.cutt.ly/LWpathcelebration](http://www.cutt.ly/LWpathcelebration)**

