

St. Bede's Catholic College

Specialist Science and Sports College



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Newsletter

Issue 289 13th December 2019

ADVENT SERVICE



*St. Bede's Catholic College
warmly invite our families and parishes
to our Advent Service
in the Main Hall on
Wednesday 18th December
at 6.30pm*

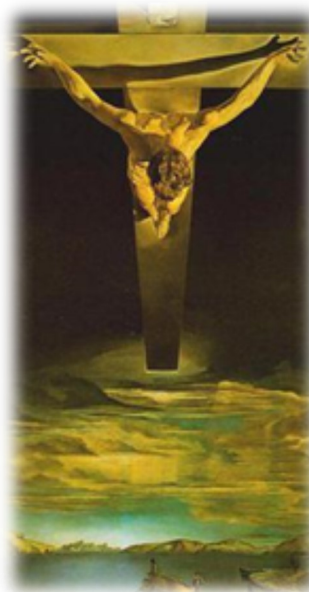
REFLECTION—14 December—St John of the Cross

This week we celebrate the memorial of St John of the Cross

Saint John of the Cross was born in Spain in 1542. As a child, John was sent to a boarding school for poor and orphaned children. He was given a religious education and chose to follow a religious path. In 1563, he joined the Carmelite Order and took the name, "John of St. Matthias." He made vows the following year, and was sent to university to study theology and philosophy. John became a priest in 1567 and considered joining the Carthusian Order where monks lived cloistered in individual cells. However, he encountered Theresa of Avila, a charismatic Carmelite nun. Theresa asked John to follow her.

Whilst in Avila, he had a vision of Christ and made a drawing that remains to this day called, "Christ from Above." The little drawing shows Christ on the cross, looking down on him from above. The drawing inspired the artist, Salvador Dali's 1951 work, 'Christ of St John of the Cross.'

John became known as a remarkable and influential poet, especially following his death. He has been cited as an influence to many poets, mystics, and artists, including Dali.



Reflection: "In the twilight of life, God will not judge us on our earthly possessions and human successes, but on how well we have loved." Quote from St John of the Cross

Prayer of St John of the Cross

O Blessed Jesus,
give me stillness of soul in You.
Let Your mighty calmness reign in me.
Rule me, O King of Gentleness,
King of Peace.
Amen

DATES FOR YOUR DIARY

18th December 2019

Advent Service
6.30pm

20th December 2019

END OF TERM 2

College will finish at
1.55pm
Coaches have
been advised

6th January 2020

START OF TERM 3
Week B

9th January 2020

Ski Trip
Parents' Meeting

13th January 2020

Year 13
Mock Exams
commence

13th January 2020

Week of Year 12
classroom exams

16th January 2020

Year 10
Future Quest trip

16th January 2020

Year 10
Parents' Evening
4.30pm- 7.30pm

17th January 2020

Year 11
Mock Results Day



YOUNG ENTERPRISE SUCCESS

Congratulations to our Young Enterprise team "Books of Life" who won '**Best Company**' on Saturday 30th November at St Nicholas Market in Bristol. The team were commended on their stand, product innovation, branding and customer service selling an incredible £240 worth of their products.

Congratulations to: **Chris Mathew, Felix Anil, Jack Daniels, David Gherman, Flynn Kane, Albert Jackson, Dona Jiju, Ewan McNamara, Kacper Nowacki, Ruben Sivajoti, Aleena Thomas, Allen Trinidad, and Joanna Wesolowska.**



TEACHING AND LEARNING AT ST. BEDE'S

Last week St. Bede's hosted a master class on how teachers can "plan for thinking" when designing their lessons with maths expert Craig Barton. Craig is an Advanced Skills Maths teacher, the TES Maths Adviser, and the author of the best-selling book "How I wish I'd taught maths".

We were joined by staff from other school's in the region including: St. Joseph's, Bristol Cathedral Choir School, St. Katherine's and Our Lady of the Rosary Primary School. This session was only the latest event in our programme to embed the Teaching and Learning Charter that was introduced last year to ensure we continue to provide truly excellent learning experiences at St. Bede's. It was a thought provoking session, and staff at St. Bede's began applying Craig's insights the very next day!



STAFF CRAFT CLUB

Staff enjoyed a Christmas craft club last week.

A lovely way to get together at the end of the college day to unwind and be creative!



BOOK CHALLENGE WINNERS

Congratulations to Year 7 pupils

Oliver Doano,
Sylvia

Wloczewska

and **Gabriel**

Gladki who are the winners of the Library 6 book challenge.



YEAR 11 FOOTBALL TEAM—NATIONAL CUP COMPETITION

Year 11 bowed out of the **national cup** in the fourth round playing away to Gryphon school in Dorset last week. The final score was 2-0.

St. Bede's controlled the match for large periods of the game but couldn't find a way through the Gryphon schools goalkeeper. Although the team were disappointed, we are proud of their effort.



SWIMMING TEAM—SECONDARY SCHOOLS FINAL

Congratulations to St. Bede's Swimming team who competed in the **Bristol Secondary Schools finals** last week. We were delighted to have had so many pupils representing the college.

Congratulations to: **Amelia Nawara, Romily Maunder, Miranda Carr, Destiny Shedov, Freya Gallagher, Amelia Barbaszynska, Millie Griffiths, Maddie Ottway, Anna Palatty, Ella Peters, Mair Norman, Alanna O'Reilly, Carys Wilson, Kasia Wozniak, Emily Ridewood, Edward Hartley, Zabriel Demillo, Tom Stephens, Ultan Palmer, Oliver Stawicki, Ben Godfrey, Seamus Robinson and Sean Simmons.**

Well done to **Oliver Stawicki, Ultan Palmer** and **Sean Simmons** who qualified for the finals and a special mention to Year 10 pupil **Sean** who won the 50m Fly and 50m backstroke on the evening. Sean broke the record for the under 15s 50m Fly, becoming the first swimmer in the age group to break under 28 seconds. A wonderful achievement, well done.



Sean, thank you for allowing us to print your photograph.

A LEVEL PSYCHOLOGY AND PSEUDOSCIENCE CONFERENCE

On Monday 2nd December, Year 12 Psychology classes attended a psychology conference called 'Psychology and Pseudoscience' at the Anson rooms, University of Bristol. This involved a day of listening to many interesting talks all about different aspects of psychology such as "Perception and Magic" and "Understanding Hypnosis".

Highlights of the conference was the presentation by dance psychologist Dr Peter Lovatt, also known as 'Doctor Dance.' He gave a fascinating talk on how music and dance affect the brain, its ability to memorise information and develop new neural pathways. This was very engaging as he drew on his past experiences as a professional dancer and we all couldn't resist getting up and dancing along with him!

We also experienced eminent Harley Street hypnotist Andrew Newton performing hypnosis on several people at the conference. This was amazing to watch as it was very intriguing and we all left with many questions on how he does it.

Overall, the conference was very enjoyable and a great day out, which helps us with what we learn back in the classroom.

Lily Potter Year 12



FLYING START

On Wednesday 4th December a team from Airbus visited St. Bede's to run The Flying Start competition. Pupils from Year 9 learnt about the principles of flight before participating in a Fly Off competition to determine which teams would qualify to enter the regional finals.

The regionals will take place in February where teams will present their designs to a panel of judges, undertake tests and compete against other schools with the aim of getting through to the Grand Finals in March at Fleet Air Arm Museum, Yeovilton.



Alice Forsythe who took part in the challenge said: "The Flying Start Competition was a really exciting day for us, where we got to learn from professionals about design and engineering. We worked in teams to design and build unique gliders which flew up to 14 metres! It was a great way to see how different engineers work together to make a plane."

ABRSM MUSIC EXAMINATIONS

Congratulations to the following pupils who received fantastic results in their recent Clarinet examinations:

Anna Harris, Year 11 who received a **Distinction** for her **Grade 5** Theory
Ajsa Melegh, Year 7 who received a **Distinction** in her **Grade 1** Clarinet exam.

A wonderful achievement, well done.



CAROL SINGING AT CABOT CIRCUS

Well done to our pupils and staff who performed a selection of Christmas carols at Cabot Circus on Monday and Tuesday evening. A lovely experience for our pupils, thoroughly enjoyed by all.

For pupils wishing to participate in the Advent Service next week please ensure that consent forms are returned to Mr Lewis by Monday, 16th December.



CHRISTMAS LUNCH

On Wednesday 11th December pupils and staff enjoyed a delicious Christmas lunch prepared by our wonderful kitchen staff and served by our teaching staff.



FESTIVE DISPLAY IN THE LIBRARY



OXBRIDGE INTERVIEWS

Congratulations to **Finley Norton** who received an invitation to interview at Oxford University this week to read Mathematics.

Finley joins **Mateusz Smagacz**, **Shanaz Sharonsenthil**, **Anaxia Uthayakuma** and **Hal Hewlett** who also attended interviews at either Oxford or Cambridge this week.

Well done and good luck.

LOST PROPERTY

We have accumulated a large number of items including winter coats and jumpers in our lost property this term. Please do encourage your child to visit the hanging rack in the hall next week to collect any items they may have misplaced.

All lost PE items are sent directly to PE so they can be claimed from the PE lost property which is in the changing room area.

INTER-HOUSE BAKE OFF COMPETITION

Congratulations to all pupils who participated in the **Great St. Bede's Bake Off** event on Monday 9th December. Points were awarded for presentation and taste and we had some wonderful entries. The results are as follows:

	Year 7	Year 8	Year 9	Year 10/11
1st	BELL BURNELL	BELL BURNELL	PASTEUR	DESCARTES
2nd	SEACOLE	PASTEUR	DESCARTES	BELL BURNELL
3rd	PASTEUR	SEACOLE		
4th	DESCARTES	DESCARTES		

FOUR HOUSE CUP TOTAL TEAM SCORES AFTER THREE EVENTS

	PASTEUR	DESCARTES	BELL BURNELL	SEACOLE
Cross Country	48	72	67	48
Spelling Bee	79	83	75	51
Bake Off	31	23	53	35
TOTAL	158	178	195	134



The Rugby and Netball competitions have started and we look forward to sharing the results with you. Next term the houses will be competing in the Basketball, Art and Mathematics competitions.

ATHLETICS—BRISTOL SCHOOLS FINALS

We have had great success in the **Bristol Schools Athletics** heats and are delighted to have so many teams through the Bristol Schools Finals.

Good luck to our Year 7 and 8 teams who compete next week and Year 9 and 10 who compete on 9th January 2020.



CHRISTMAS JUMPER AND HAT DAY

On the last day of term we invite pupils and staff to wear Christmas Jumpers or Hats for a minimum donation of 50p.

All proceeds will be shared between our house charities.



FREE COMMUNITY ACTIVITIES

Families in Focus are advertising a number of free activities available to our young people and their families in the local area over the Christmas period. Further information is available on our website: <https://bit.ly/2PIIWGV>

NORTH BRISTOL FOOD BANK CHRISTMAS OPENING TIMES

Week commencing 16th December	Usual opening times
Monday 23rd December	Lockleaze Outlet (St Mary's Church)
Friday 27th December	Yate Outlet (The Candle, Station Road) Thornbury Outlet (Thornbury Baptist Church)
Monday 30th December	Lockleaze Outlet (St Mary's Church)
Tuesday 31st December	Yate Outlet
Thursday 2nd January	Patchway Outlet Horfield Outlet Southmead Outlet
Friday 3rd January	Resound Outlet Yate Outlet Thornbury Outlet
Week commencing 6th January	Usual opening times

Further information can be found here: <https://northbristol.foodbank.org.uk/locations/>

SAFEGUARDING SPOTLIGHT

Keep children safe online this Christmas - Top tips

As millions of children get ready to unwrap internet-enabled gadgets on Christmas morning, families are being encouraged to discuss staying safe online.

Mobile phones, tablets and laptops can open up a world of exploration, learning and fun and children should be encouraged to make the most of the benefits. But there are also risks and dangers to being online, and by working together parents and children can learn to safely navigate the internet and social media.

Advice about the best way to keep children safe is available from a range of websites, and the [UK Council for Child Internet Safety](https://www.ukcouncil.org/child-internet-safety/) has published a useful guide for parents and carers whose children are using social media.

Among the top tips are:

- Explain how children can use privacy settings to make sure only approved friends can see posts and images, and warn them about sharing personal information
- Check if any of the mobile apps they use have location services enabled, and disable this if they do not want to be tracked
- Show them how to report offensive comments or block people who upset them
- Check 'tagging' settings so that when others are posting or sharing photos online, your child's identity is not revealed
- Encourage your child to come and talk to you if they see anything that upsets them
- Ask them to show you which social media apps they use, what they like about them and talk about how to use them safely

You can find out more about how children use social media, the apps they use, the risks they face, how to use privacy settings, and advice and tips about how to talk to your children at:

www.childnet.com/sns

www.parentzone.org.uk

www.internetmatters.org

www.nspcc.org.uk/online-safety

www.askaboutgames.com



Matters of the Mind

Coping at Christmas - top tips to look after your mental health

Avoid unhelpful social comparisons

Comparing ourselves with other people can have a big effect on how we feel. Sometimes this can be a good thing - motivating us to do better, when we think we can do as well as those we admire. However, if we don't think we can be as good, it can have a negative impact on our self-esteem. Social media and consumer advertising can make this worse, and lead to a treadmill of 'keeping up with the Joneses', especially at Christmas. Limiting exposure to social media and television advertising over the Christmas period can help this. Extract from Clinical Psychologist, Amaryllis Roy, from Priory Hospital Bristol discusses the pressure that Christmas can put on mental health and shares five top tips to help you cope.

<https://www.priorygroup.com/blog/coping-at-christmas-5-top-tips-to-look-after-your-mental-health>