



**Message From The Headteacher**

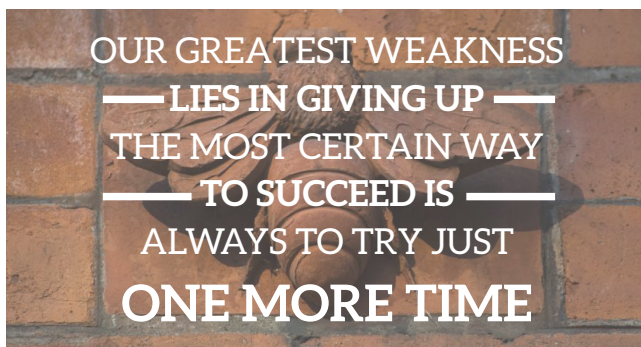


As we are all using digital technology so much at the moment, we thought it was a good idea to share some information about Online Safety. Thank you to Mr Parker for his contribution.

It is wonderful to hear so many fantastic stories about what everyone is doing to support their wellbeing. Good luck to Cahner and Ben as they continue their #JogOnToLogOn challenge.

Keep safe and remember each other in your prayers.

**Mrs S Pike**  
Headteacher



**Theme of the Week**

**Theme of the Week**

**Called by God**

*"He called them at once and they went after him."  
(Mark 1:20)*

What does it mean to be called by God?

We are all called by God but it is our response that is important and significant.

Will we respond like the disciples who followed Jesus immediately without delay?

Or are we hesitant? This week ask God to call your heart, hear his voice and respond.

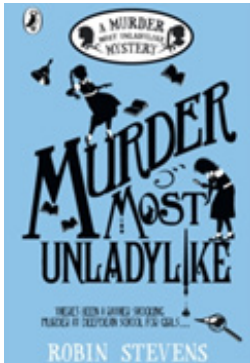
Lord Jesus, you called your disciples and they were convicted in faith, help us to have the faith like them so that we can hear your voice. Lord, I ask that you teach me to hear your voice, help us to recognise when you are speaking to us and we will obey. Amen.



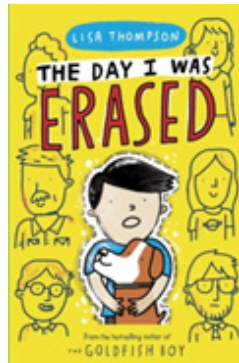


### Just Arrived

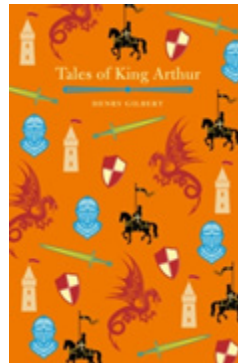
We have added some great new reads to our ebook collection this week. There should be something for everyone to enjoy but here are just a few:



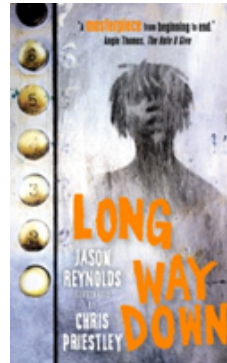
Murder mystery set in a girls' boarding school



A warm and funny book about a boy who becomes invisible to his family and friends



Exciting retellings of the Arthurian legends



A haunting verse novel about Will's dilemma after his brother is shot



14-year-old Ro is scared that if her mum's issues are discovered, she will be put into care. A brilliant, thoughtful read.

### St Bede's Reads

Just a reminder that we are still collecting money for Mary's Meals.

Please go to <https://www.justgiving.com/fundraising/stbedesreads> if you are able to donate.

Thank you to all who have already given money and well done to all our Upper Third and Lower Fourth readers.



Mrs Poolton

### Careers News

We are now subscribed to a super Careers, Universities and Apprenticeship platform called Unifrog. It is full to the brim of detailed, accessible information on huge range of careers opportunities and the skills needed for future employment.

You will find information on universities and courses, not just in the UK, but all around the world – the US, the Far East, Europe and Australia.



Apprenticeships are also included in the information to explore. All L4 and U4 are able to register on Unifrog – [www.unifrog.org](http://www.unifrog.org) using the form code available from their tutor.

Parents too can access the platform using this code: [parentsstbedes](http://parentsstbedes)

Enjoy Exploring!

For further support and guidance please contact Mrs Lockett, UCAS and Careers Coordinator at the College – [rlockett@stbedescollege.co.uk](mailto:rlockett@stbedescollege.co.uk)



### Online Assembly



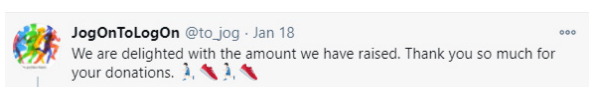
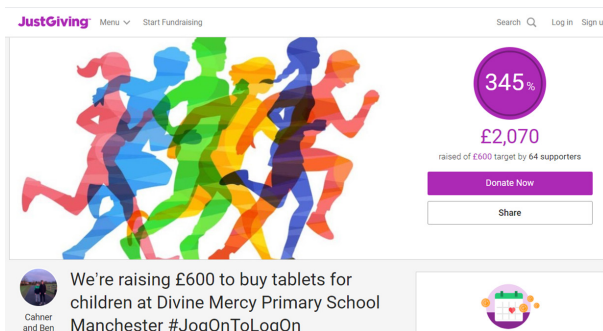
Well done to L5 KAN for the first virtual form assembly in Lower Fifth. They encouraged students to reflect on their New Years' Resolutions and develop a 5-year plan. Everyone in the form made their own recording and it was a great start to the calendar year! I am proud of them for rising to the challenge of producing a meaningful assembly online.

Ms Kane

## #JogOntoLogOn - Update

Following on from last week here is an update on Ben and Cahner as they battle with Storm Christoph and snow to raise money to buy tablets for Divine Mercy Primary School.

They have raised £2070 and are now a third of the way through the challenge. The money raised so far will buy approx. 15 tablets for the school. However, the school has a need for 150.



PP *Hi all, Day two was a lot easier than day one. It was pouring with rain this morning but we persevered. Thank you for your continued support. Please share with all #JogOntoLogOn*



The boys plan to run 120km during a two-week period and intend to keep a video diary to show their progress. They are hoping to get as much sponsorship as they can and have set up a Just Giving page here [https://www.justgiving.com/crowdfunding/walshbrothers?utm\\_term=4vXrmdpBD](https://www.justgiving.com/crowdfunding/walshbrothers?utm_term=4vXrmdpBD)

You can follow their progress on Twitter @to\_jog

Please sponsor them for this very worthy cause.

Good luck boys!

PP *Hi all, What a day! When we ran today we felt like it was through a car wash. However, no rain was to stop us. Over 20% of the running done! Thanks for all your support and please share with as many people as you can. Your support and messages inspire us. #JogOntoLogOn*

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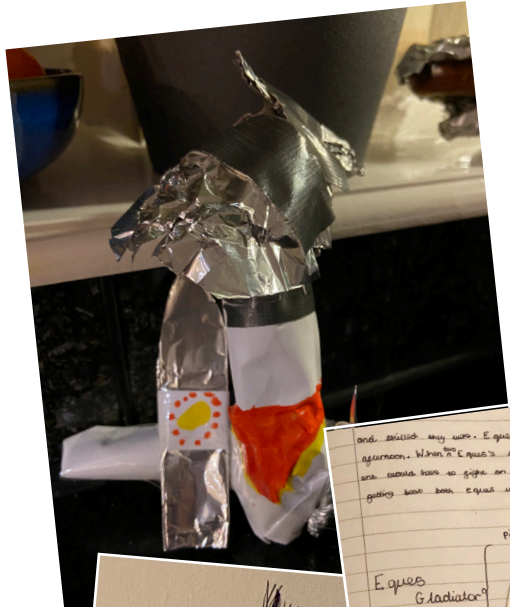


## Remote Learning 2021

Another selection of excellent remote work sent in.

In Latin pupils were assigned a type of gladiator and they had to research it and draw it or make it. Well done to Cliona, Lily S, Maeline, Malaika, Oliver and Patrick. We also have a wonderful cell model from Joshua and some more Biology work from Aaron.

We are really impressed with their efforts!



and called they were. Eques pugna during the day rather than the afternoon. When Eques were fighting and one got off their horse their opponent would have to fight on foot. usually and if during a fight an eques was getting down from Eques would fight on foot instead.

**Eques Gladiator?**  
20-35 years old

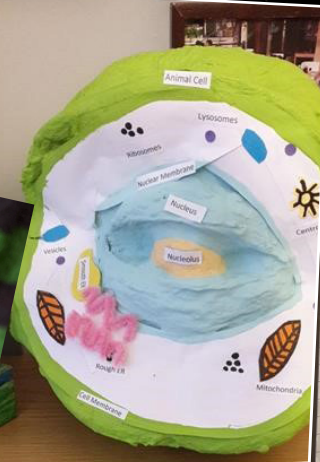
- Eques means horseman or cavalry.
- Pilius are feathers, the one on Eques hat is white.
- Gallica is a tunic, and Eques is wearing one out of copper.
- A Scutum is a shield, this Eques is holding a shield made out of silver.
- A Gladius is a sword which the Eques will use to hit his opponent in the fight.

**Extra information:**  
An average gladiator often ranges between the age of 20 - 35 years old.  
Eques gladiators were more often used in arena battles.  
Even though Eques gladiators mostly fought against other Eques gladiators they sometimes also fought with Sabellari fighters.

### The Hoplomachus

A hoplomachus was a type of gladiator in ancient Rome. They would wear heavy armor, a helmet, a shield and a spear. He would have heavy padding in his legs and a pair of high greaves reaching to mid-thigh. He would often be paired to fight with the mirmillo - who was also a very heavy armed gladiator. However, he is also known for fighting the thraex in exceptional cases. He is armed to resemble a Greek hoplite's shield. It was small and round therefore allowing a hoplomachus to hold a dagger pugio or a short sword as a secondary weapon in the left hand and a spear long in his right hand. They wore helmets on their head and usually no shirt or armour over their stomachs and chests, leaving them vulnerable to the attacker. However, this is why they had their shield for protection. They also wore pieces of fabric that looked a bit like a skirt of felt.

By Cliona



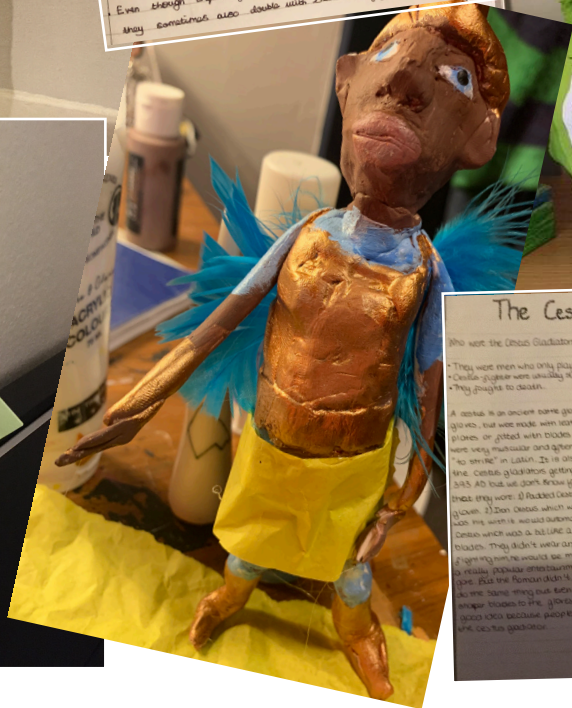
### No more Cancer

Cancer is the uncontrolled division and growth of one cell resulting in a tumor.

Normal tumors are normally small and usually more noticeable. High grade tumors are composed of cells that are not like the body in the way they are forming secondary tumors.

The main reason for cancer is that you can choose to avoid cancer by eating a diet rich in antioxidants, including fruits, vegetables, and whole grains. You can also avoid cancer by not smoking, not drinking alcohol, and not using tanning beds.

Some cancer can be cured extremely well with surgery, radiation, and some drugs (chemotherapy).

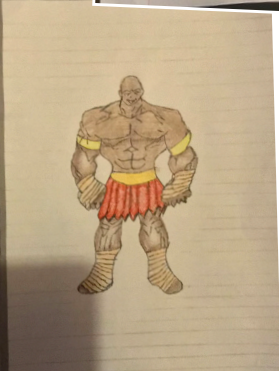


### The Cestus Gladiator

Who were the Cestus Gladiators?

- They were men who only fought with fists.
- Cestus gladiator were usually slaves.
- They fought to death.

A cestus is an ancient boxing glove. They were worn like modern boxing gloves, but were made with leather straps and sometimes glued with iron plates or gilded when worn on special occasions. They were very uncomfortable and often caused blisters. The word cestus means "no strike" in Latin. It is also said that even Romans couldn't handle the cestus gladiators getting hurt so there was a lot of cheating in this. All that was done was to fill the cestus with lead or other heavy things that they wore. 1) Padded cestus with a round shape and long gloves. 2) Iron cestus which was covered in iron and sharp iron spikes which would be used automatically to kill the opponent. 3) The cestus which was made of a normal material, long gloves, but with a metal band which would be used to hold the opponent's hand. 4) Another gladiator's cestus which was made of a normal material, long gloves, but with a metal band which would be used to hold the opponent's hand. 5) Another gladiator's cestus which was made of a normal material, long gloves, but with a metal band which would be used to hold the opponent's hand.

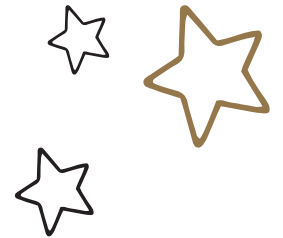




## Headteacher's Commendations



L5 SIN	Niav E	Chemistry
L4 POG	Elsie	French
L4 POG	Raphael	French
L4 LVR	Francesca	Spanish
U3 WLS	Holly	French
U3 WLS	Joshua	Drama
U3 WLS	Vincent	Drama
U4 YEA	Emily	French
U4 JON	Marley	French
U4 YEA	Kian	French
U3 JON	Maia	French
U4 LIV	Isobel L	Geography
L4 BGY	Jacinta L	Geography
U4 SRE	Dara S	Geography
L5 KAN	Samson	Form Tutor



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## Internet Safety - A Parents Guide - What are the issues?

The internet – on the whole an inspiring and positive place, is an amazing resource which enables children and young people to connect, communicate and be creative in a number of different ways, on a range of devices. However, the internet is always changing, and being able to keep up to date with your children's use of technology can be a challenge. You may sometimes feel that your children have better technical skills than you do, however, children and young people still need advice and protection when it comes to managing their lives online.

Issues that your child may encounter on the internet will vary depending on their age and online activities, they can be grouped into the 4 following categories:



1. **Conduct:** children may be at risk because of their own behaviour, for example, by sharing too much information. Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet. It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information that they may have posted. When using the internet, it's important to keep personal information safe and not share it with strangers. Discuss with your child the importance of reporting inappropriate conversations, messages, images and behaviours and how this can be done.

2. **Content:** age-inappropriate or unreliable content can be available to children. Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites. It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias. Children may need your help as they begin to assess content in this way. There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.

3. **Contact:** children can be contacted by bullies or people who groom or seek to abuse them. It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them. Regularly reviewing friends lists and removing unwanted contacts is a useful step. Privacy settings online may also allow you to customise the information that each friend is able to access. If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre ([www.ceop.police.uk](http://www.ceop.police.uk)). If your child is the victim of cyberbullying, this can also be reported online and offline. Reinforce with your child the importance of telling a trusted adult straight away if someone is bullying them or making them feel uncomfortable, or if one of their friends is being bullied online.

4. **Commercialism:** young people can be unaware of hidden costs and advertising in apps, games and websites. Young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean inadvertently spending money online, for example within applications. Encourage your children to keep their personal information private, learn how to block both pop ups and spam emails, turn off in-app purchasing on devices where possible, and use a family email address when filling in online forms.

Adapted from <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/what-are-issues>

Mr Parker

### Mrs Hunt's Message



<https://youtu.be/b19-GGFqUx4>

### Music Festival

Music festivals have struggled to operate as normal over the last twelve months, but Fleetwood Festival was determined to provide a platform for aspiring performers.

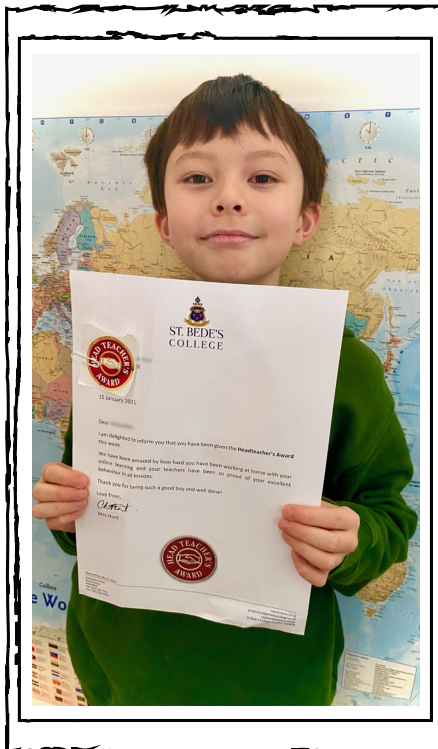
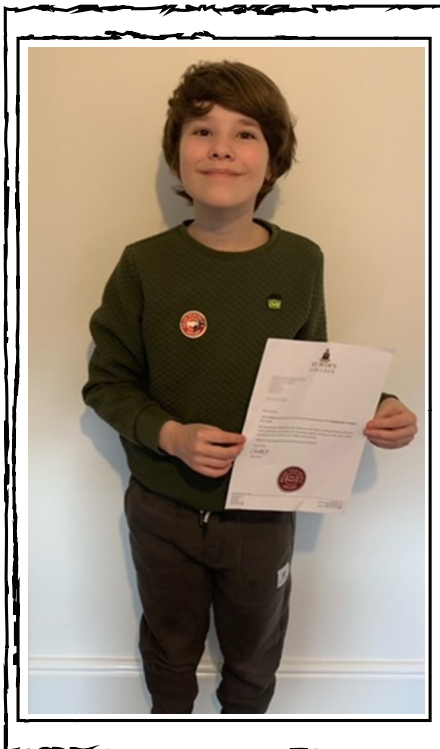
Imogen took part in the 'My favourite song class' singing 'Where do I go from here' from the Disney film 'Pocahontas II'. She was awarded first place and received this beautiful trophy that will be engraved with her name. Well done Imogen!



### Headteacher's Award Winners

Well done to David (Prep 6), Sebastian (Prep 6) and Joe (Prep 1) on receiving a Headteacher's Awards this week after their teachers nominated them for outstanding behaviour and attitude to learning during our first week of term. Well done boys!

We have been amazed by how hard you have all been working at home with your online learning- keep it up!



## Wellbeing Newsletter

We hope everyone is safe, well and settling into home learning and adjusting to a new way of working for the moment. Well done to everyone for your hard work- we are all facing challenges that we have never faced before so you should be really proud of all your efforts!

The purpose of this newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing which is particularly vital in these challenging circumstances. Each family is different and what works for one might not work for another. Any suggestions and tips are just that, suggestions. You need to choose what works best for your family.

**- Routine:** Children are used to the structure and routine of school and while we understand that having a strict routine might not be possible while parents are trying to work too, having as many regular routines as you can, will help them to feel secure. Simple things such as having set meal times, bed times and work times.

**- Breaks:** In school the teaching is constantly broken up into smaller chunks, even if that is just by giving the children some time to talk or to share their ideas. Children may struggle to focus for long periods of time. So if you find your child losing interest or struggling to engage, maybe they need a quick 5 minute brain break activity such as a quick job in the house.

**- Exercise:** The children are used to have daily breaks where they can play, run about and boost their concentration and energy in the playground. Mental health studies consistently show the benefits of exercise to mental health are profound so any physical activity can make a difference to mindset and emotional well-being.





### Prep Two - Remote Learning

Over the last week Prep 2 have been working extremely hard at home and really impressing all of their teachers. This term's topic is Dragons and the children have enjoyed doing some dragon art and modelling alongside some fabulous dragon writing. The quality of their work is tremendous. We are all so proud of how focused, engaged and enthusiastic they are. Also, at the beginning of the week, Prep 2 enjoyed planting seeds for part of their Science topic; we look forward to sharing the results of this investigation with you all in the coming weeks.

