



ST. BEDE'S COLLEGE

Bede's News

12 March 2021

HEADTEACHER'S MESSAGE



Everyone is so happy to be back in College. Friends have been catching up and sharing their stories. Our College has been filled with sounds of laughter and noise from the playground.

It has been a wonderful week and our pupils have been amazing.

Enjoy time with your families this weekend and remember to do something special for Mum on Sunday!

Best wishes to all of our families and friends of the College.

Mrs S Pike
Headteacher

Theme of the Week



Sponsored Silence for Caritas

Theme of the Week

A Conversation

"Everyone who believes may have eternal life in him" (John 3:15)

Challenge:

During lockdown we have missed having conversations with others. In this Sunday's Gospel Jesus speaks with Nicodemus. We can imagine them having a deep, in depth conversation. During our time of siLENT let us reflect on what we would ask Jesus if we were sat with him as Nicodemus was. Jesus is stood at the door waiting, always ready to listen.

Prayer:

Lord Jesus, I want to talk to you and tell you how I feel. Help me to always be drawn to the light. Amen



DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

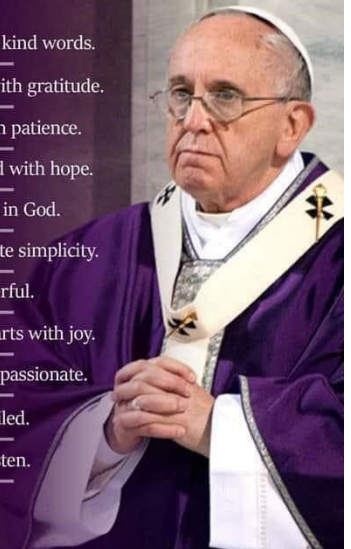
Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.





College Lenten Campaign

In the absence of the St Joseph's Penny box this year we are asking pupils to join our siLENT Campaign. This year we are encouraging pupils to spend one hour a day being siLENT. Watch the Campaign Video here.

<https://vimeo.com/519049729>

During siLENT time we are inviting pupils to be creative and reflect upon the season of Lent. All creative work will be submitted to our House Competition, judged by Kathryn Ansley from Caritas with prizes for the best piece.

While pupils are being siLENT, we are asking families to sponsor their efforts and donate to the very worthwhile projects of Caritas.

Please donate online at St Bedes College is fundraising for Caritas Diocese of Salford (justgiving.com).

<https://www.justgiving.com/fundraising/st-bedes-college3>

Caritas is the official outreach work of Salford Diocese; to find out more about the work of Caritas please visit Caritas Diocese of Salford <https://www.caritassalford.org.uk/>

Mrs Hibbert

Photography Competition

Spring is in the air...so Siena House and the Art Department are running a photography competition, on the theme of spring and nature. As the flowers begin to bloom, the sun re-emerges, and the weather begins to improve, we are encouraging our pupils to get outside and take their best photos of the nature all around us.

Entries can be sent to Mr Lee Rodriguez, with a closing date of Monday 23rd March. Mr Peers, our resident photography expert, will help with the judging and there will be prizes and House Points on offer to the best entries. As always, if you are going on a walk, be safe and stick to the government guidelines, but next time you see a daffodil in bloom or a robin return to its nest, don't forget to take a quick snap.

Mr Lee Rodriguez



Sponsored Silence for Caritas



Siena House

Nature Photography Competition

Lets enjoy the sun and be creative!

Send your best photograph of nature or wildlife to Mr Lee-Rodriguez by Monday 15/03.

Mr Peers will judge the best photo from each House.

There are prizes and House Points to be won.

St Bede's College

The place to be

sbcm.co.uk

Family Tours Available

Contact: admissions@stbedescollege.co.uk

CAFOD Walk For Water - Halfway There!

This Lent Myself, Miss Singleton and her Lower Fifth form are taking part in the Walk for Water challenge for CAFOD, involving walking 10,000 steps each, a day, every day, during Lent.... And we have made it halfway!!

Last week In Bede's News we included the story of Abdella: Abdella who lives in Afar, Ethiopia - one of the hottest places on earth. Like hundreds of people in the area, he spends up to ten hours a day walking to get water for his family to drink. He knows that if there was water near his home, his family would not have to worry any more about getting enough to stay alive. And he could start on the dreams he has for the rest of his life.

By walking for water, we can provide a solar powered water pump for Abdella's community and give practical help to other families around the world who need water, food and shelter.

Walking 5 miles a day for us perhaps does not seem that far and there are days when I've walked with my family, looked upon some beautiful scenery and enjoyed spending time outdoors with my children. There have been other times when it has been late in the day, cold, raining and windy, on these days it has been difficult to motivate myself to complete the challenge. However, I am lucky. I have a warm coat, gloves and hat. I have sturdy and comfortable walking boots and I'm mostly walking on easy flat paths and roads. Abdella and many others like him, are without these luxuries. The weather is hot, the shoes he has are worn and the terrain is rocky and at times dangerous.

Walking everyday has given me the rare opportunity to reflect. The Pandemic has been difficult for us all. But there have been some positives. It has shown us how small this world really is, how we are dependent on each other for love, support and compassion. Neighbours talk to each other, people smile and stand aside in shops, when people ask, 'how are you?' they mean it. This Lent I wanted to do something to really help, finding the time and the commitment of walking 5 miles a day has been tough, but isn't that what life is about.... walking in other people's shoes?

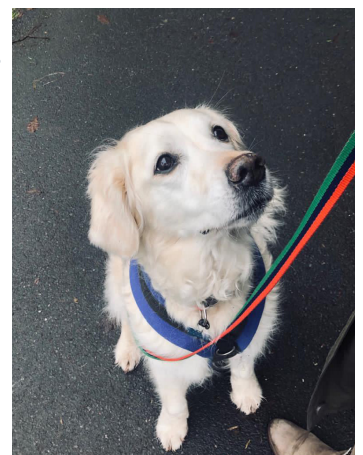
It would mean so much if you can spare anything at all and donate to this amazing cause.

Thank you for your support.

We very much hope to raise £750 which will provide a whole village with safe access to clean water. Please help us! You can donate by going to our

JustGiving page: <https://walk.cafod.org.uk/fundraising/RE-Walk-For-Water>

Mrs Meakin





Headteacher's Commendations

U3 LEE	Scarlett	Drama
U4 LIV	Harry	Spanish
L5 DUN	Mali	English

L5 SIN	Isaiah	English
L4 POG	Alice	Geography
L4 POG	Elsie	Geography

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Higher Education Evening

We will be hosting our usual Higher Education Evening on Thursday 18 March from 5.00pm however, this year it will be a virtual event.

All Lower Sixth and Upper Fifth students and their parents are invited to attend the evening that will include a presentation from Southampton University (a member of the Russell Group) and there will also be information regarding Higher Level Apprenticeships.



Mrs Gallagher, Head of Sixth Form and Mrs Lockett, Higher Education and Careers Coordinator, will speak about the advice and support available to students at the College to support them with their university and Higher Education choices.

If you have any questions, please do not hesitate to contact Mrs Gallagher or Mrs Lockett at the College.

Screen time and Mental Health

It's great to have all our pupils back in school this week, the college has felt very earie over the past few months with just a handful of teachers and pupils on site. The past few months have necessitated a lot of screen time for us all, whether working online or communicating with friends and family. The common view is that too much screen time is bad for our mental health, but what does the evidence say?

The truth is there are mixed results, some studies suggest that there is a strong link between increased screen time and mental health conditions, however, others say there is no correlation between the two.

The British Psychological Society makes the following recommendations:

- Encouraging certain behaviors, such as co-use and active goal directed use, can help young people gain the most from digital media
- Minimise media use before bed, and encourage children to experience a mix of screen-based and non-screen-based activities
- Parents and carers should discuss media-based activities with their children

The full article can be found here:

<https://www.bps.org.uk/news-and-policy/changing-behaviour-children-adolescents-and-screen-use>



When trying to interpret the research that has been done on this topic it is important to note that a great many of the studies that look at screen use in children and young people are cross-sectional, meaning they look at the characteristics of a group at a single point in time. This can make it difficult to draw firm conclusions about whether screen use causes certain outcomes, or if children who are more likely to use screens frequently, are also more likely to experience various physical and psychological outcomes because of another common factor.

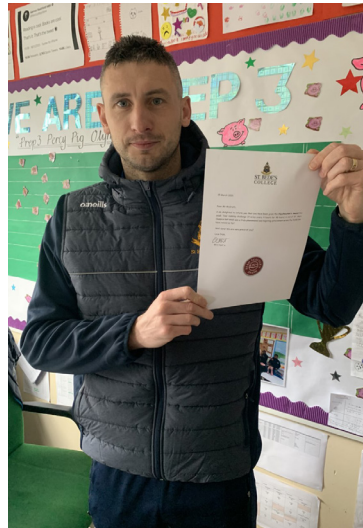
Ultimately, there is still much more to learn about how the use of screens and technology impact on the mental health and wellbeing of children, and as our technology develops, so too will our understanding of the many ways, both good and bad, that it can impact on our lives.

Mr Parker

Well Done Mr McGrath

Congratulations Mr McGrath on completing your amazing run of 4 miles every 4 hours for 48 hours for St Ann's Hospice; this is an outstanding achievement. Thank you everyone who donated to support Mr McGrath who had hoped to raise £500 for a charity that is very close to his heart. The total raised so far is an amazing £3,235. The money you have generously donated can do so much to support the fantastic work carried out by St Ann's Hospice; for example; £5.60 could help keep the drinks trolley stocked for patients throughout the day, £7.50 would supply materials for Art Therapy, £15.80 would enable patients to create a memory box for their loved ones, £50.60 would provide lymphoedema or physiotherapy for a patient, £101.20 could provide a two hour specialist rehabilitation session, £256.60 could provide food for a month for one patient, £455 could pay for the Neil Cliffe Centre Team to provide specialist care to patients for a day, £600 could pay for a community team member to carry out a home visit three times a week and £1801 could pay for a day of care from their Patient and Family Support Team. Again, thank you all for your generosity. The money you have donated is very much appreciated.

Here is the link for Mr McGrath's Just Giving Page:
<https://www.justgiving.com/fundraising/kevin-mcgrath5>



Headteacher's Award



Congratulations to Isabelle in Prep 6 on receiving her Headteacher's Award this week. During lockdown Isabelle impressed all her teachers with her hard work and positive attitude.

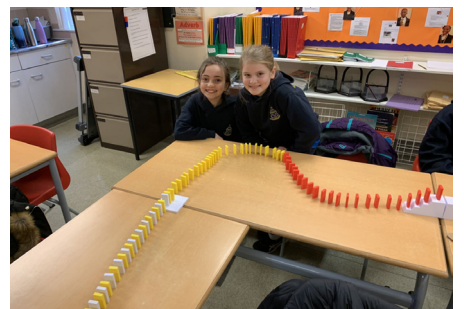
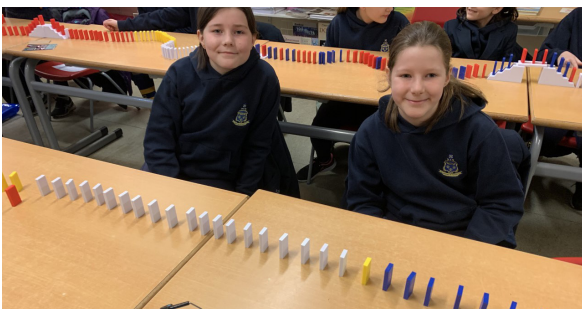
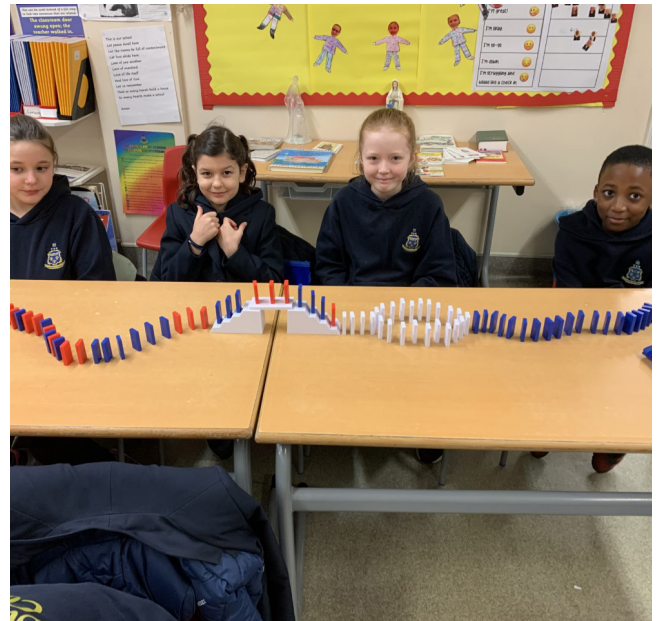
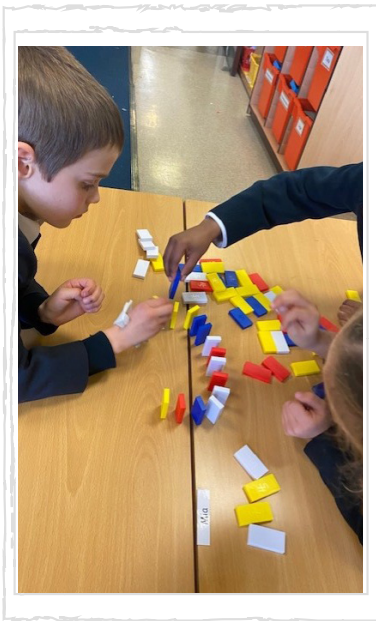
Both her application and focus have been outstanding and she has lit up our school with her cheerful personality and lovely smile. It has been a pleasure watching Isabelle mature into such a special young lady this year.

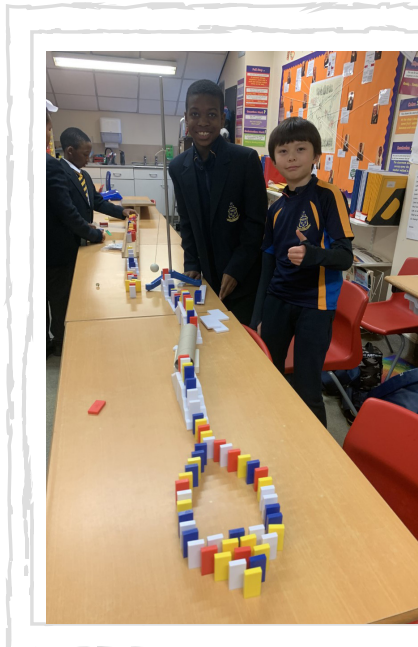
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Science Week

The children have taken part in a range of activities this week in Science Week from the 'Mars Rover Egg Challenge' to a competition to see which class could design and create the best Domino run. These activities have promoted collaborative learning, problem solving and engineering amongst the children; as well as helping them to stay calm when, as always happens, the dominoes accidentally topple just before the run has been completed. The children have really enjoyed taking part in Science Week. We will put some clips together of the Domino Runs once they have all been completed.







☆ ☆
*Housepoint Winners & Stars of the Week
Nursery & Reception*



🐝
Class of the Week Prep 6H



*Housepoint Winners and Stars of the Week
Prep 1 & 2 Prep 3 & 4 Prep 5 & 6*

Lenten Fundraising

For many years, the children in the Prep have raised money to support the fantastic work carried out by the Good Life Orphanage in Kenya; they continue to do wonderful work for the young children in their care despite the difficulties encountered by the pandemic. We have also taken CLG (Change Live Grow) Project Pamplona who are building a Nursery and Community Centre in Peru, into our family; Mrs Pike's daughter Elizabeth (a former Prep/College pupil) visited the area whilst still in the college, she is now working for the charity to help one of the poorest communities in Peru.

For our Lenten fundraising this year we are hoping to help and support both charities. We realise that there are a lot of financial demands on families especially during these difficult times, but any donations would be gratefully received.

If families are able to make a small donation, please follow our Just Giving link:

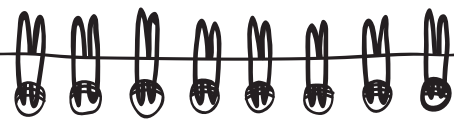
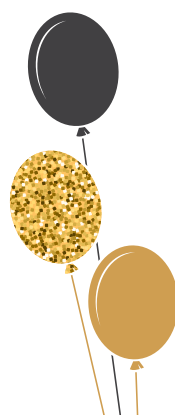
https://www.justgiving.com/crowdfunding/stbedesprep-school-2?utm_id=1&utm_term=j7KmrqgQJ

Our pupils will be learning more about the charities and their great work in their Building The Kingdom lessons over the next few weeks. Thank you for your support.



WISH YOU
A VERY
HAPPY
BIRTHDAY

PREP 4 **ZACHARY**
PREP 6 **HARRY**



Notices

We politely ask that parents adhere to Social Distancing rules at drop-off and collection and that face coverings should be worn.