



## Headteacher's Message



At St Bede's College over thirty different languages are spoken amongst our community. Thank you to everyone for your involvement with Languages Day this week. I look forward to welcoming you to the College Open Morning tomorrow.

Enjoy your weekend

**Mrs S Pike**  
Headteacher

## Theme of the Week



Theme of the Week

# Mistakes

"Let the little children come to me" Mark 10:14

**Challenge:**

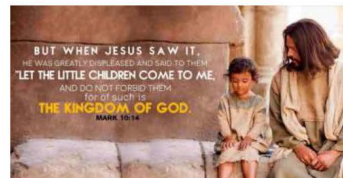
So often when we do something wrong, we are reluctant to admit it. But to be like a child means to let go and move on



quickly. Like a dog coming out of a muddy river: shake it off and move on. If something goes wrong this week, try and let go quickly.

**Prayer:**

Lord Jesus, thank you that you welcome little children. Help us to become small again, to let go of our pride and self-centeredness, and to look at the world with awe and wonder. Teach us to reach out and trust you.  
Amen.



**St Bede's College**

**The place to be**

[sbcm.co.uk](http://sbcm.co.uk)

**College Open Morning**

**Saturday 2 October**

**Contact: [admissions@sbcm.co.uk](mailto:admissions@sbcm.co.uk)**

### Countdown

This Wednesday lunchtime saw the final round of the Sixth Form Countdown competition take place with Isabelle and Edward from Bosco facing off against Sam and Fergus from Campion. A high scoring contest saw Campion overcome Bosco 39 to 29. Special mention goes to Fergus in Lower Fifth, competing 2 years up, who clinched the Campion victory in the final moments solving the conundrum. A huge thank you once again to Mr Wright and Mrs Boylan for their efforts and also Rafal in Lower Fifth for assisting with the numbers and letters. This means the final scores stand at: Magdalene 27, Siena and Bosco 29 and our overall winners Campion with an outstanding 39 points. Thank you to all our competitors and we look forward to continuing after half term when we open the competition up to the Upper Fifth.



**Mr T Wilson** - Head of Magdalene House

### Languages Day - Peru

On Monday 27 September, pupils celebrated Languages Day and got into the Peruvian spirit, dressing in the colours of the Peru flag (red, white and green) to raise money for the Change Live Grow Foundation, which is working to provide a fair start for impoverished children near Lima, Peru. The money raised will go towards building a day care centre, to provide a safe place for the children of Pamplona Alta, while their parents go to work in the city.

Pupils also embraced the Languages challenges they were set, there were some great entries including Raphael singing Happy Birthday in French, Mr Segura-Renau's form singing Happy birthday in Spanish and Liliella and Scarlett trying padron peppers for the 'try a new food from another country' challenge.



Sixth Form Spanish students visited Prep pupils in their classrooms and played a variety of language games with them as well as helping them with their Peru themed activities. For morning form time, Mrs Hibbert provided a fantastic video of Father Joe greeting our pupils and praying the Our Father in Spanish, which in turn inspired many of our bilingual pupils to lead a prayer in their own language. Another fantastic annual Bedian Languages Day!

**Mrs Reid**



## Achievement Centre

Over the past two weeks we have met with our first student cohort, both in the Achievement Centre and in classes. As well as ourselves, a number of colleagues from the Geography, History and Mathematics departments have also been supporting students across KS3 and KS4.

The early responses from students, teachers and parents have been very positive. We look forward to seeing as many students as possible, on a rotational basis throughout the year and widening the access to yet more subjects.

In smaller groups and one to one students have been able to ask more questions, take the lessons at a speed that suits their learning, and learn in a variety of ways, using different learning techniques and strategies. Teachers have also been sharing their love of their subject in new and novel ways which cannot always be accommodated with a large class.

So although it is only a few weeks old, it has been a really positive start. So thank you for all your continued support and encouragement, our students will certainly benefit from this.

**Mrs C Rafferty and Mrs P Gregory**  
Achievement Centre



## Guitarists Hit the Right Note

This week saw the launch of the Upper Third Co-Curricular Guitar club. Made up of beginners from the year group, our resident 'Axe man Dan' - our Guitar teacher, put the pupils through their paces to produce a decent version of 'Seven Nation Army' by The White Stripes. Mr Davies noted that the real challenge was not finding volunteers to come or inspiring pupils, but to restring 12 guitars in time for Thursday lunchtime! 'It was a real learning curve for me, but Mr Lucas and Dan stepped up to help. Well done everyone! Onwards and upwards!

**Mr Davies**





## Geologists are at Home in the Field

Last Thursday the Upper Fifth Geology group set off on their GCSE fieldwork residential to Shropshire. They were blessed with the last of the summer sun with some beautiful weather for the trip. During the two days of fieldwork they investigated the hypothesis that 425 million years ago Wenlock Edge was once a beautiful tropical shallow sea teeming with life, the fossil hunt was on!

Over the course of the trip the pupils examined a number of locations around the world famous Wenlock Edge - the limestone found here is known as a Lagerstätte due to the abundance of fossils. The students completed sedimentary logs as well as taking structural measurements, working tirelessly to prove or disprove the hypothesis. Mr Parker must now wait in anticipation of the fieldwork reports to see what the Upper Fifth class have decided.

### Mr Parker



## Bookbuzz 2021

All our Upper Third pupils are starting their reading journey at St Bede's by choosing a brand new book to take home. Bookbuzz is a reading programme from BookTrust that aims to help schools inspire a love of reading in 11 to 13-year-olds. Upper Third pupils are able to choose their own book to keep and take home from a list of 17 great titles. Pupils spend a lesson thinking about how to choose the right book for them, watching a film of the 17 authors talking about their books and looking at sample copies before making their own choice. Books arrive after half term. Which book to choose is always a dilemma when there are so many appealing titles, but all 17 titles will be available to borrow from the Library so no one needs to miss out!



### Mrs Poolton





### Sports News - Karate

Thank you to Mr Gillis for his time last Monday and to the pupils that turned up in the dreadful rain for their first session.

It was very enjoyable. If anyone else would like to join please see me or just turn up at 8am next Monday 4 October.

**Mrs McCormick**



### Sports News - Netball

Congratulations to the Upper Third and Lower Fourth who had a match against Manchester Health Academy. This was the first in game in two years because of the Covid crisis and they got off to a great start winning 18-3

**Mrs McCormick**



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### Football News

#### U12

Result Won 3-2

POM: Davi

The U12's encountered really strong opposition in Altrincham Grammar School for Boys on Saturday which an all round team performance clinched a 3-2 victory to continue their strong start to the season. The match had it all from last ditch tackling to fantastic dribbling skills and a couple of wonder goals that were scored, especially Daniel's 35 yard winner which proved to be a fitting end to a great match.



#### U13

Result Won 6-1

POM: Zaccai

Goal Scorers: Zaccai x 2, Femi x 1, Hamza x1 and Connor x 2

St Bede's proved too strong for Altrincham putting in a dominating display against a good side. Some brilliant individual performances, especially Zaccai dictating the play in the midfield. This was an all round superb performance from the U13's to continue their fine start to the season.

#### U14

Result: Lost 9-0

POM: Peter

This proved a difficult task for the U14's on Saturday against a very Strong Altrincham side. The U14's were missing three key players and were well beaten by a good team. Special mentions to Peter and Luca who were outstanding and exemplified the never say die attitude till the final whistle.

#### U15's

Result Won 7-1

POM: Benat

Goal Scorers: Benat x 4, Harry C x1, James x1 and Louie x 1

It was a slow start to the game from both sides, but with a breakaway goal from Benat this settled the nerves for Bede's and they imposed their dominance on the game to the final whistle. The goals kept coming from Benat and Harry C with a 25 yard cracker meant rotation and good playing time for all players could take place.



#### 1XI

Result: 2-2

POM: Pat

Goal Scorers: Pat x 2

Certainly a game of two halves, Altrincham Grammar flew out of the blocks and capitalised early from a defensive mistake. Altrincham continued to dominant and were unlucky to not go further ahead from some resolute defending from Bede's. The half time talk came and went and Bede's with a new fired up approach well and truly took the game to Altrincham creating chance after chance. Finally with a quick brace from Bede's number 9 that saw them take the lead. To St Bede's dismay Altrincham struck in the last attack of the game to see the result end a draw. Overall a great game of football.

**Mr Brown & Mr Fogel**



## Safeguarding Tips - A Parent's Guide

A quick weekly guide in one area of Safeguarding from Safeguarding Lead **Mr Sanders**.

Physical and emotional wellbeing are vitally important to help pupils cope with the ups and downs of College life. Good physical health contributes to positive emotional wellbeing. This is why it's important for young people to eat well. If pupils bodies are well charged and well-nourished, this will allow their brains to remain calmer and enable them to cope better.

### Eat well

#### Why it's important:

- ◆ What we eat affects our mood, and our emotional and mental health, as well as our physical health.
- ◆ Essential fats such as oily fish, nuts, seeds, eggs and avocados, as well as vegetables, help to boost brain power, stabilise mood, and balance hormones. They are, therefore, calming.
- ◆ Erratic patterns of eating lead to blood sugar imbalances which increase adrenaline, a stress hormone, which in turn impacts mood and concentration levels.
- ◆ A balanced diet boosts serotonin – a neurotransmitter found in the digestive system that helps to stabilise and regulate mood.
- ◆ Build their emotional immune system with plenty of fresh fruits and vegetables

#### Guidelines:

- ◆ Daily sugar intake for children 11+ and adults should not exceed 30g (approximately 6 teaspoons).
- ◆ For under 11s, daily intake should be no more than 25g (5 teaspoons).
- ◆ Young people should drink 6-8 glasses of water each day (approx. 2 litres).

- ◆ Caffeine consumption for children should stay below 50mg per day – as well as tea and coffee, some soft drinks also contain caffeine.
- ◆ All of us should eat at least five portions of fruits and vegetables per day, including a variety of types and colours.

#### Ideas to encourage children to EAT well

- ◆ Have a daily menu and plan for healthy choices, including meals, snacks and drinks – preparing one evening meal for everyone.
- ◆ Let children serve themselves at mealtimes to encourage trying new foods.
- ◆ To make fruit and vegetables more appealing, try finger foods or dips and dressings.
- ◆ Involve children in selecting, growing, picking, preparing, cooking and serving. This encourages an interest in food.
- ◆ Avoid distractions such as TV at mealtimes. Focus instead on table manners, social and language skills.
- ◆ Act as a good role model through your own choices.
- ◆ Try to be neutral about what your kids are eating. Serve balanced meals and giving choices such as carrots OR broccoli. Telling them off for not eating certain things may cause further resistance.

### Football News

The Prep Girls' Football Team made a successful start to the season on Wednesday competing in their first league games. The girls travelled down the road to Whalley Range High School where they competed against St John's, Old Moat, Claremont and Divine Mercy. It was the first time they had played together as a team, but this did not phase them!

They were unlucky to draw 0-0 in their first game but then beat Divine Mercy in their second game 2-0 with both goals from Larissa. In the third match against St John's they more than deserved to win but just could not score and it ended 0-0. The final match was the team's toughest against the group leaders Old Moat. However, the girls worked extremely hard and pulled a brilliant 2-0 victory to top the group a brilliant brace from Heidi. The whole team deserve a huge amount of credit for such a fine display!



### Cross Country

The Prep children competed in the Manchester Harriers Cross Country League on Sat 25 September. All the pupils were very impressive with their performances and our pupils who finished in the top 20 will receive certificates for their success, Romily (Prep 4) 15th out of 86, Ivan (Prep 4) 12th out of 56 and Victor (Prep 4) 17th out of 56. A special mention to Ethan (Prep 6) and Jessica (Prep 5) who showed great character and perseverance in their races.

The next race is on sat 11 October. Any child in Years 3 and 5 & 6 can enter. If interested in competing, please send an email to Mrs Davies.





### Language Day

On Monday 27 September, the Prep celebrated Language Day. Whilst we normally celebrate all things European, we decided this year we would concentrate on the Spanish language and we chose Peru as our theme.

We have been supporting and fundraising for Project Pamplona which aims to provide a fair start for children in Lima. In conjunction with the Change Live Grow Foundation and Volunteach, this project is trying to build a safe community hub for children, so that their parents can work in the city and thus try to escape the cycle of poverty.

The children looked fantastic in school, dressed in the colours of the Peruvian flag and the whole prep was awash with red, white and green. The children enthusiastically joined in with a variety of activities with their teachers. From Latino dancing, hat making, llama creations to Spanish bingo and Peruvian non chronological reports; there was a lively Latino buzz all around school. Prep 5 and 6 were lucky to have a zoom meeting with Beth Pike who is heavily involved with the Project Pamplona and the children were inspired by the exciting opportunities that language learning can bring.

Jose, a Peruvian friend and chef, spoke to many classes about Peru and showed them the incredible natural Inca face that can be seen in the mountain side of Macchu Picchu.

Many thanks to all for the kind donations which will be greatly received by the Pamplona project. We will keep you informed of how the project is progressing.



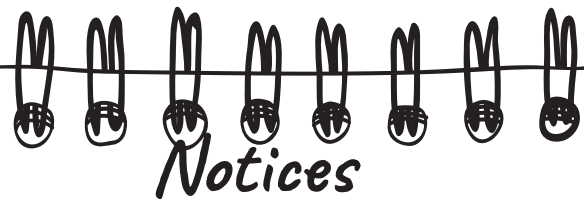
## Monday Motivation



PREP 1 **HENRY**  
PREP 2 **OLIVIA**  
PREP 3 **IMOGEN**  
PREP 5J **BALLY**  
PREP 5C **GEORGE**  
PREP 6C **FRANCESCA**

## Word of the week

# Friends



**Prep 3 Trip to Chester (6 October)**

**Prep Harvest Festival (please refer to email for more information) We will be welcoming donations into school from the 4 October - 13 October**

**Prep Parents Evening 14 October (Virtual) - please book your appointment with your child's class teacher as soon as possible, the system will close for bookings on Thursday 7 October**

