



Headteacher's Message



It has been an amazing half term and we have so much to celebrate. Relax and enjoy your holiday.

Mrs S Pike
Headteacher

Theme of the Week



Theme of the Week

Harvest

"Anyone who wants to become great among you must be your servant" Mark 10:43

Challenge:

This week we send our donations to Cornerstone Day Centre and support the work that they do in the local community. Let us try to think of those who are not as blessed as we are and put our faith into

action, by making a small but significant act of love by donating to the Harvest Festival.



Prayer:

Lord Jesus, at this time of year help me to be grateful for the blessings I have received from you. Help me to share what I have with others. When it is difficult for me to put others first, I give my struggles to you. Fill my heart with love for others and pour your Holy Spirit into my life. Amen.



Uniform Shop

Please be aware our on site Monkhouse St Bede's Uniform Shop in the Lodge has new opening days and hours.

Monday 9.30am - 1.00pm

Tuesday 1.30pm - 5.00pm

Wednesday 12.00pm - 5.00pm

St Bede's College

The place to be

sbcm.co.uk

**College Entrance Exam
Saturday 8 January 2022**

Contact: admissions@sbcm.co.uk

Harvest Festival Appeal

A huge thank you to all the families who donated to the Harvest Festival Appeal. We managed to fill my car and the College van with all the donations from prep and College. The team of volunteers at Cornerstone were overwhelmed by the kind generosity of the College Community. It was lovely to speak to a couple of the clients who were commenting as we unloaded the bags. They were so moved by the pupils donations and I told them how much they are loved and how this was our small way of showing we care for each person using the centre. It was a great honour to make the donation on behalf of you all. Thank you for making a difference.

Mrs Hibbert



Ace Award Winners

Congratulations to our wonderful lower school pupils who, this week in assembly, received their awards for being the highest Ace award winners for their house in their year group so far this term.



St Bede's College

The place to be

sbcm.co.uk

Family Tours Available

Contact: admissions@stbedescollege.co.uk

England Selection

Congratulations to Justin, Femi, Leke, Oliver T, Lakyle, Oliver W, True and Joel who have all been selected to represent England during half term.

The boys will be representing the England Under 15s, England Under 16s or England Under 17s squads. This is a huge honour and we are extremely proud. We know they will represent the College, Manchester City and their families excellently during their time with England.



Mr Woan

Rowing

Following the successful introduction of rowing into the Senior Games programme last year, the activity has continued again this term with a new set of Upper Fifth pupils, boys and girls, taking to the water and two Lower Sixth students, Chloe and Sonya, continuing on from where they left off at the end of June.

The first couple of sessions were spent honing technique on the ergo machines and training boats, and the students had to undergo a capsizing drill ensuring all were aware of what to do if they found themselves out of the boat.

The coach at Agecroft Rowing Club, Helen Leigh, has been very pleased with the progress the students have made in such a short time. She has already moved them onto the quad boats and expects some, if not all, to be rowing as a pair before the end of the ten week programme. Meanwhile, Chloe and Sonya have both advanced to rowing in a single boat which isn't as easy as you might think. It takes a lot of concentration and balance to stay upright in the smaller boats but fortunately both have managed to stay dry up to this point. The cost of the rowing activity is £100 per term which includes use of facilities, hire of equipment and the services of Helen who is a top coach and ex GB rowing team representative. The group is limited to a maximum of 8 which ensures each student receives a good amount of individual coaching every session. If you would like your son/daughter to take advantage of this fantastic opportunity to try a new sport, please ask them to contact Miss Sharpe in the PE dept to register their interest for the next cohort, due to begin in January.



Miss Whitney

Wonderful Wordsmiths

Mrs Sullivan hosted the inaugural Wordsmiths club this half term, with a theme of Spooky writing. Several pupils have been testing their creative skills, through compositions of poems and short stories. Mrs Boylan and Mrs Sullivan enjoyed reading all the entries and special commendations must be given to Ines in U3, George H and Eniola B in Lower Fourth for their entries. The winner of this half term and whose story follows is Holly E in L4. Congratulations to all involved. Next half term's theme will be writing on the theme of Christmas. **Mrs Boylan**



The Accidental Vampire - By **Holly E**

It was a dreary, rainy Monday morning and I was about to be late for school. After hastily cramming my books into my backpack, I rushed outside only to realise that I'd left my umbrella in the porch. Oh well, I thought, too late now. I didn't even have time to properly look in the mirror, but I did remember to wear my favourite spooky shirt for school, and I threw a pair of fake vampire teeth in my bag for later. It was Halloween, after all. I sprinted down the road and managed to catch the last bus just in time.

As I was trying to find somewhere to sit, one of my friends from school shouted "Nice costume Felix! The makeup is really realistic!" Makeup? I thought. Did I really look that tired? Oh well. I just thanked him and went back to staring out of the window, trying to fit the false fangs into my mouth. Everyone else had proper costumes, but it was very thoughtful of him anyway.

Once the bus stopped, the sky was beginning to get brighter. As soon as I stepped out from underneath the shade of the vehicle, all I could think about was how itchy and uncomfortable my skin felt. It was as if I had sunburn, but it wasn't that hot outside. It's probably a rash or something, I told myself. 'If I keep this up long enough, maybe I can convince everyone that I actually did make a proper costume this year'. As much as the vampire jokes made me laugh, it got really annoying after seven different people asked me if I needed to see the nurse or go to the office 'because I looked so pale'. Was this a huge inside joke about me forgetting to get an actual costume? I just ignored them, oblivious as to what was going to happen next.

After school, I went over to my friend Benjamin's house, since he was having a party to celebrate Halloween. I never usually celebrated Halloween; I always found that no horror movie was terrifying enough, no costume was so realistic that it made me jump anymore. I was clearly wrong, because when I attempted to walk through the unobstructed door to his house, my head slammed into an invisible wall that felt like brick.

I found myself nearly knocked out, lying in the front garden like an upside-down tortoise, my brain trying to process what on earth just happened to me. "Is everything ok Felix? Did you trip over? Aren't you coming in?" shouted Benjamin. I had no idea what to reply with that wouldn't have sounded completely crazy.

Once I had thoroughly examined the entrance to the house, I concluded that it was safe to walk through. Weird. Yet again, I tried to rationalise the situation. 'Maybe my head hit the doorframe, or were my shoelaces were untied?'. I quickly forgot about the incident as I was having a great time with my friends from school. Of course, another traumatizing event occurred.

In the middle of the party, as we were finished watching a (slightly underwhelming) spooky movie, the food was ready. It was my favourite, spaghetti Bolognese. My friends and I had a brilliant time, laughing and joking about our costumes, until Benjamin offered me the garlic bread. Uh oh.

Don't blame me for eating it, I thought to myself after the traumas of my day. Everyone thought it was hilarious that I was reluctant to have it.

"He really is a vampire! Do you want to drink everyone's blood then?"

I didn't want to be a killjoy, so I shoved the stupid bread in my mouth. Worst mistake I've ever made. After about 20 seconds of deadly silence, my throat felt like it had suddenly metamorphosed into a volcano and was about to erupt. I doubled over in anguish, crashing into the table, my insides burning. I've never been allergic to anything, ever! I thought. Suddenly, the pain became too strong and the next second, all I could see was my pair of false fangs and everyone else's shoes on the kitchen floor. I seriously thought that was going to be the end of me.

Miraculously, I didn't even pass out. It was as if the flame in my stomach had died out, but I didn't even know what to think at that moment as all I could hear was clapping and cheering from the people above me.

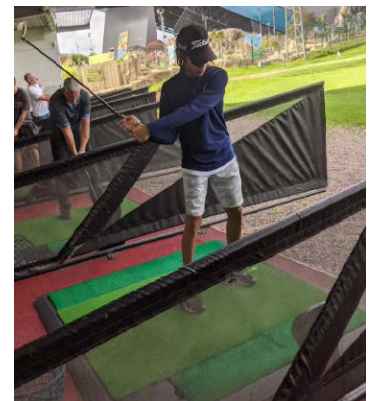
Once my vision had stopped going fuzzy and I could find my feet again, I was greeted with compliments for my acting from the audience. Acting? ACTING? I just went through the most traumatizing and confusing minute of my life, and they thought that I was having a laugh? "What are you all talking about? I just had some sort of horrific reaction to the garlic bread! Weird things have been happening to me all day!" I exclaimed. The smiles on their faces quickly melted away. "But we thought that you were trying to prank us, joking about how you had sunburn when it was about fourteen degrees outside? Your face looks like you've coated it in chalk and your new fangs are way larger than the other ones." Said my friend from the bus.

"My false fangs fell off a minute ago, what are you on about?" I yelled, trying not to panic. I felt my gums and lo and behold, two sharp tusk-like fangs were where my incisors used to be. I ran out into the hall, desperate to get away from this sick joke. Then I stared into the hall mirror.

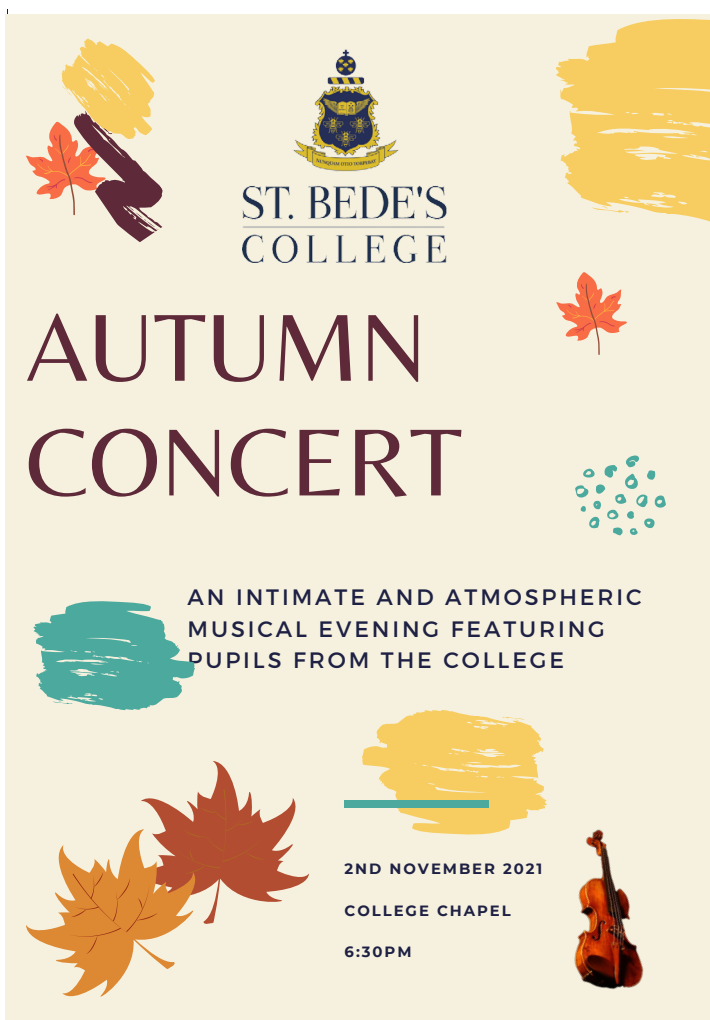
I wasn't there.

Fore!

For the first time, St Bede's students were given the opportunity to choose golf as an option for Senior Games this term. A small group took up the option and have, initially, been working away at their skills on the range at the Trafford Golf Centre each week; a wise decision considering some of the nasty weather we've had this term. The range offers the Toptracer ball tracking system which provides instant shot replays and statistical feedback on interactive screens, and the opportunity to virtually tee up at some of the world's greatest courses. We might not have walked the leafy fairways of some of our local courses yet, but we have smashed one down the first at St Andrews and the PGA National in Florida! It is hoped we will be out on a course in the not too distant future, where all that practice can be put to the test. Watch out Rory!!



Miss Whitney

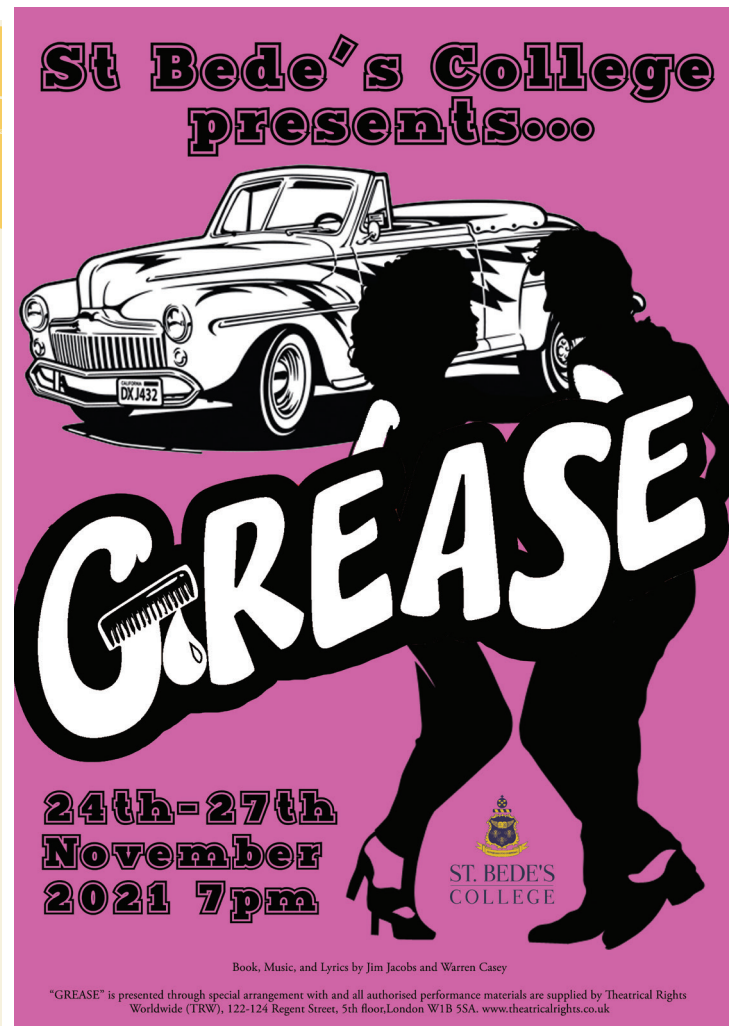


ST. BEDE'S
COLLEGE

AUTUMN CONCERT

AN INTIMATE AND ATMOSPHERIC
MUSICAL EVENING FEATURING
PUPILS FROM THE COLLEGE

2ND NOVEMBER 2021
COLLEGE CHAPEL
6:30PM



St Bede's College
presents...

GREASE

24th-27th
November
2021 7pm

ST. BEDE'S
COLLEGE

Book, Music, and Lyrics by Jim Jacobs and Warren Casey

"GREASE" is presented through special arrangement with and all authorised performance materials are supplied by Theatrical Rights Worldwide (TRW), 122-124 Regent Street, 5th floor, London W1B 5SA. www.theatricalrights.co.uk

Inter-House Basketball

Inter-House basketball was back with a bang this week. The Lower Fourth competed during Wednesday lunchtime in two fiercely fought matches. Bosco beat a spirited (and depleted) Magdalene side 12-0 with Youssif channeling his inner LeBron James, scoring most of his House's baskets.

Simultaneously, Champion House ran out 6-0 winners against Siena. Tristan and Dante were excellent for the blues, although it was pleasing to see Kitty and Selikem show that our female basketballers can hold their own too. After half term it will be the turn of the Upper Thirds to take to the court, it is sure to be great fun.

Mr Lee Rodriguez - Head of Siena House



Young Minds - #HelloYellow

I am delighted to announce that the College raised just under £300 for Young Minds' #HelloYellow campaign last week. This money will help Young Minds support young people with their mental health, at a time when they need it most. Should you wish to make a further contribution, the JustGiving page remains open and can be found here:

<https://www.justgiving.com/fundraising/sienahousehelloyellow#>

Thank you to everyone who has contributed thus far. It is hugely appreciated.

Mr Lee Rodriguez - Head of Siena House



Black History Month

Black History Month has been commemorated across the College and in many different departments. The History Department has given our lower school pupils the opportunity to not only find out more about the history of black people within Britain but to also explore the stories of some significant figures of black History from the UK and around the world.

Siena House is also running a Black History Month poster competition for all pupils in the College. Pupils are invited to design a poster about a significant individual of black History, either from the UK or wider world. The best one will win House Points and prizes. The deadline is 5th November and pupils can send me their entries either in hard copy or electronically. I cannot wait to see what they produce.

Mr Lee Rodriguez - Head of Siena House



ST. BEDE'S
COLLEGE

Siena House Presents...

**INTER-HOUSE
BLACK HISTORY MONTH
POSTER COMPETITION**

Design a poster celebrating a significant figure of Black History from either the UK or around the world.
Win prizes and points for your House.
Send your entries to Mr Lee Rodriguez by **5th November**.


Safeguarding Tips - A Parent's Guide

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

Screen addiction is the term for negative behaviours caused by the use of too much technology during our day. Certain screen use releases dopamine in the brain, which can negatively affect impulse control. You may be worried your child is addicted to their phone, or you may just want to encourage your child to use this less during the day. Below the risks of excessive screen time are detailed, along with some achievable, practical tips for parents.


Credit National Online Safety.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47%
of parents
said they thought their children spent too much time in front of screens




What parents need to know about SCREEN ADDICTION

HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehabs' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE


The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.


APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National Online Safety

Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

52% of children aged **3-4** go online for nearly **9hrs** a week

82% of children aged **5-7** go online for nearly **9.5hrs** a week

93% of children aged **8-11** go online for nearly **13.5hrs** a week

99% of children aged **12-15** go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

SOURCES: <https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018; <https://www.ofcom.gov.uk>, <http://uk.zdnet.com>, <https://www.nationalonlinesafety.com>, <https://www.nationalonlinesafety.com/news-articles/2018/06/06/parents-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies; <https://www.nationalonlinesafety.com/news-articles/2018/06/06/parents-keep-us-addicted-to-our-smartphones>, University of Exeter; <https://www.nationalonlinesafety.com/news-articles/2018/06/06/parents-keep-us-addicted-to-our-smartphones>, University of Exeter.

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.06.19

Football News

1XI V QEGS

Lost 3-0

The 1XI took on a strong QEGS team at the weekend and delighted with their performance. Unfortunately this was a game where Bede's seem to have no luck from being clinical in front of goal combined with some very bizarre decisions being made resulted in an unjust scoreline. Bede's started quick out of the blocks playing some nice football creating several early chances but it proved to be "one of them days" in front of goal. Two individual errors led to QEGS scoring their first goals against the run of play. Just before half time a QEGS counter attack made it three with a deflected third goal. St Bede's came out for the second half full of fight and ability but once again drew blank in front of goal. The scoreline was harsh in what was a brilliant performance from the seniors and on another day would have been a comfortable victory for the players.

POM: Ciaran O



U15 B V QEGS

Lost 6-3

Goal Scorers: Joy X 1, Patrick X 2

St Bede's U15 B's took on QEGS's A team in what proved to be a very entertaining game of football. St Bede's dominated the game creating chance after chance including hitting the crossbar 4 times in the first half. QEGS fought back in a mad ten minute spell scoring 5 goals before half time. St Bede's continued to press for further goals but the goalkeeper from QEGS stayed strong making save after save till the final whistle blew.

POM: Michael Q

U14 V QEGS

Drew 2-2

Goal Scorers: Noah X 1, Cian X 1

St Bede's played some really full flowing football with some stand out performances from Tom C, Noah, Peter and Cian. Tom C won a free kick early on on the edge of the box which Cian crossed for Noah to neatly finish and give Bede's the lead. A penalty came soon after which Cian converted with the rebound giving St Bede's the 2-0 lead they deserved. QEGS had a very powerful striker who was a constant pain and managed to pull a goal back before half time. QEGS grew into the game in the second half pressing for the equaliser which finally came from a break away attack. A very good display from the U14's but didn't quite have the cutting edge in front of goal.

POM: Peter H

U13 V QEGS

Won 4-1

Goal Scorers: Divine X 1, Connor X 1, Michael X 1 and Jack X 1

The U13's contest was a very physical and competitive affair resulting in both teams at the half time break being level 1-1. St Bede's came out the quicker of the two teams and started to dominate the game in every area resulting in a 20 minute spell scoring 3 very well worked team goals. Jack M led by example at the back commanding the defence keeping the QEGS's strikers at bay. The game finished 4-1 meaning the U13's continued their unbeaten start to the season.

POM: Jack M

Mr Brown & Mr Fogel

U12 V QEGS

Won 15-0

Goal Scorers: Dan C X 6, Marco X 4, Harry S X 1, Pat V X 3, Oliver V X1

This proved to be a very one sided affair with St Bede's proving too strong for their opponents. As a college we always try to make the games as competitive as possible as there is nothing to gain from beating opponents by such a severe scoreline. In regards to this game as a college we tried to manage the result to the best of our ability and for the return fixture again we will be looking at ways to make the fixture more competitive.

Football - Cup Results

U13 V AKS Lytham (ISFA RD 2)

Won 6-0

Goal Scorers: Divine X 1, Israel X 2, Davi X 1, Femi X 1 and Zaccai X 1

The U13's produced an emphatic performance to progress to the third round of the ISFA cup. This was a commanding result and a brilliant all round performance. The St Bede's team played some attractive football at times and were very clinical in front of goal.

The defence was marshalled superbly by Sol who got their well deserved clean sheet, the midfield three were dominant and creative on the ball and the front three were ruthless in front of goal and a constant threat. The romance of the cup continues.

POM - Israel



The return of football has been a welcome one for all the college footballers this year. The St Bede's footballers continue to represent the college in a faultless manner. This half term has been a monstrous effort from all. There have been 40 football matches taking place over the space of 6 weeks covering 832 miles in away trips. Both myself and Mr Fogel would like to take this opportunity to thank the staff and students involved in the football programme and more importantly the parents for their continued support. It has been a huge effort from all with many more matches and competitions to come.

"FORZA ST BEDE'S"

We hope you all enjoyed your well earned break and look forward to seeing the students grace the grass after the Holidays.

Thanks

Mr Brown and Mr Fogal



Cake Sale

Jessica and Harriet in Prep 5 are members of the 'Faith in Action Award' with the support and guidance of Mrs Hibbert. The Faith in Action Award encourages young people through recognising, rewarding and celebrating their active faith lived out through service and reflection. The Award helps them connect their life and faith in a tangible manner. There are four 'Pin Awards', Discovery, Bronze, Silver and Gold with the girls aiming for their first award the 'Discovery Pin'. To achieve they created a cake sale in the Prep library to raise money for 'Project Pamplona', the Prep's chosen charity in Peru and 'Young Minds' a whole school initiative supporting a charity helping young people with mental health issues. They were up very late on Wednesday baking cakes and shortbread to sell. They raised over £140. This is a wonderful amount for the charities. Well done Jessica and Harriet! You are an inspiration to us all.



Harvest Collection

We would like to thank all the wonderfully generous Harvest donations given by Prep School families. The amount of food given has been fantastic and will go a long way to helping those less fortunate than us. Every year we support our local charity Cornerstone and this year we are also supporting the Manchester Food Banks. In these worrying times of hardship for so many families in our community it is so heart-warming to see St Bede's pull together to support those in need. Well done and Thank You!



Fruits of the Harvest

Prep 6 have enjoyed thinking about the season of autumn and the fruits of the Harvest.

We have considered the gifts that we reap from God's wonderful word during the harvest season and we have reflected on our own gifts and talents.

Finally, we have thought about the fruits that we receive from the Holy Spirit and how these gifts help us to become better people.

This year's Harvest assembly has been presented through dance, poetry, music and prayer. We hope that you enjoy the fruits of our labours!

Happy Harvest!

Here is a link to the Prep 6 Harvest Message: <https://vimeo.com/631256743/de7a1def77>



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The place to be

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Family Tours Available

Contact: prepschool@sbcm.co.uk



Stars of the Week



Housepoint Winners



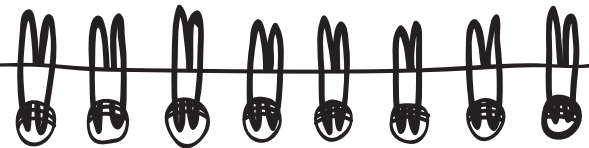
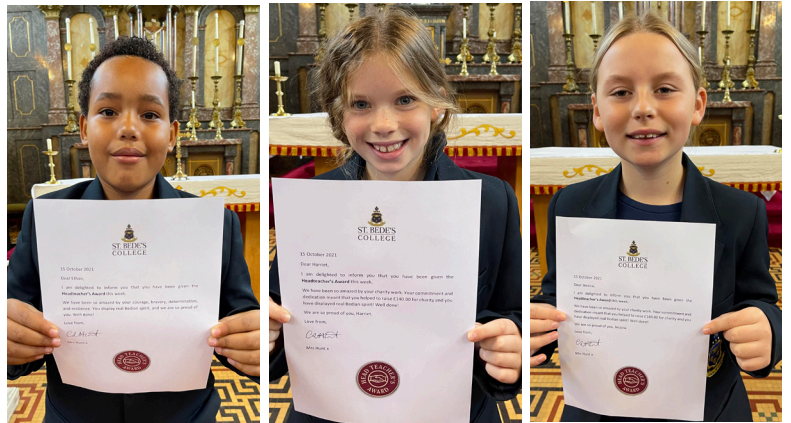
Class of the Week - Prep 2



- RECEPTION **GEORGE**
- NURSERY **CRISTINA**
- PREP 2 **SOMMIE**
- PREP 2 **FELIX**
- PREP 2 **PETER**
- PREP 2 **ISABELLE**
- PREP 3 **DAVID**
- PREP 5J **PAUL**
- PREP 5C **ALEXANDER**
- PREP 6C **CALEB**
- PREP 6H **FRANCESCA**
- PREP 6C **LUCY**

Headteacher Award

Congratulations to Ethan, Jessica and Harriet on receiving their Headteacher's Award this week. Ethan has received his award for showing amazing bravery, courage, resilience and true Bedian spirit recently. We are so proud of you. Jessica and Harriet have demonstrated wonderful dedication to their charity work raising a fabulous amount of money in the process.



Notices

Please be aware our on site **Monkhouse St Bede's Uniform Shop** in the Lodge has new opening days and hours.

- Monday 9.30am - 1.00pm
- Tuesday 1.30pm - 5.00pm
- Wednesday 12.00pm - 5.00pm

School closes **Friday 15 October** and reopens **Monday 1 November**

