



Headteacher's Message



Thank you to our fantastic pupils for making our Open Morning a huge success.

National Poetry Day, Black History month assembly and #HelloYellow have shown St Bede's at its very best this week.

Enjoy your weekend

Mrs S Pike
Headteacher

Theme of the Week



Theme of the Week

Service

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



Challenge:
How could you make yourself small this week. What good deed could you do that would go completely unnoticed? These are the greatest deeds in God's eyes. This week, try to do two kind actions and take no credit for them. Maybe you could help at home, or do something kind for a neighbour or a teacher.



"Whoever desires to become great among you shall be your servant."
Mark 10:43

Prayer:
Lord Jesus, help us to be great in your kingdom. Help us to go unnoticed here on earth, knowing that you see every small action of love. Help us to see the people in need of help, the hungry person in need of food and the lonely person in need of company. 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

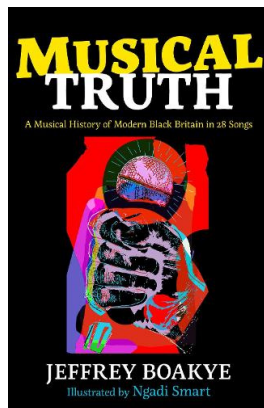
Black History Month

Our Black History Month display in the Maher Library features some brilliant, thought-provoking fiction as well as information on some Black History heroes. The focus of this year's display is showcasing authors and illustrators of colour.

One of the featured books is *Musical Truth* by Jeffrey Boakye which is a fascinating history of post-war Black Britain through an examination of 28 songs and their impact.

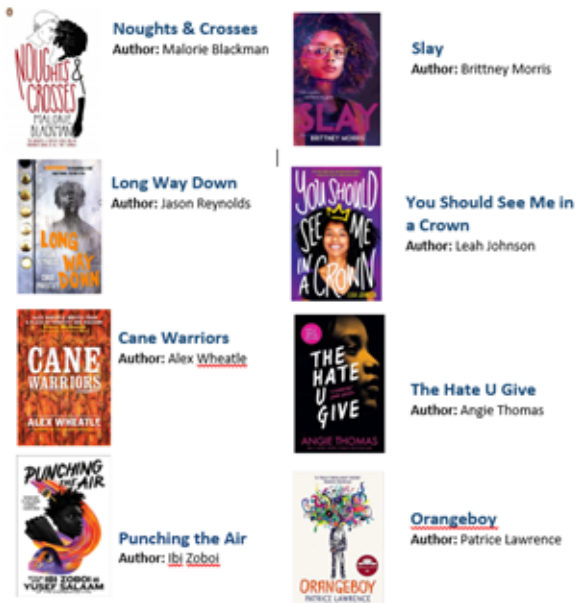
Booklists featuring some recommended and age-appropriate reads are available for pupils to take away

Mrs Poolton



BLACK HISTORY MONTH

Booklist for U4 and above

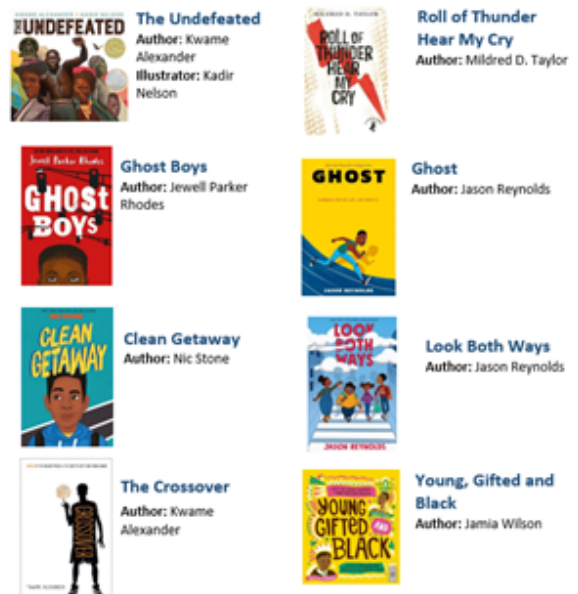


All these books and many more are available from the Maher Library



BLACK HISTORY MONTH

Book list for U3 & L4



All these books and many more are available from the Maher Library



#Hello Yellow

This Friday, pupils and staff brought colour and light to St Bede's in support of Young Minds' #HelloYellow campaign.

Siena House has chosen Young Minds as their House charity this academic year, owing to the wonderful work that they do supporting young people with their mental health. Given the difficulties and pressures placed on young people today, Young Minds' campaign is more important now than ever. For that reason, it was wonderful to see so many pupils and staff accessorize their uniforms in yellow and make a financial contribution to the charity. Should you wish to contribute to the JustGiving page directly, or find out more about Young Minds, follow the links below.

Have a wonderful weekend and on behalf of Siena House, thank you for your support.

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

<https://www.youngminds.org.uk/>

Mr Lee Rodriguez - Head of Siena House



St Bede's College

The place to be

sbcm.co.uk

Inter-House Basketball

Wednesday lunchtime saw the first full game of inter-House basketball in the Sports Hall. It did not disappoint. The Upper Fourth channelled their inner Michael Jordans and LeBron James as they played out two thrilling matches. Siena versus Campion ended with a hard fought victory for Campion by 4 points to 0. The game was played in a brilliant spirit, with the likes of Herbert, Cayden and Noah excelling.

In the other match, Rapha's Bosco overcame a spirited Magdalene side by a score of 8-2. It was wonderful to see so many boys and girls try their hands at a different sport and we cannot wait to see the Lower Fourth have a go next week.

Mr Lee Rodriguez - Head of Siena House



Battle of the Bards

For National Poetry Day this week our students have been exploring their own creativity during their English lessons.

The theme of this year is 'choice' and students have been writing their own poems, songs and raps based on their interpretation of this.

The esteemed judges will be choosing a winner from each House, which will then be performed at celebration assembly. Look out for the overall winner in next week's Bede's News.

Mrs Barber
Head of Campion House

A poster for National Poetry Day. At the top, it says 'CAMPION HOUSE ST BEDE'S COLLEGE' with a logo of three books. Below that, it says 'PRESENTS' and 'CHOICE!' in large blue letters. Underneath, it says 'POETRY COMPETITION' and 'Your chance to be featured in Bede's News...and win a prize and House Points!'. At the bottom, it says 'National Poetry Day 8th October 2021'. There are two columns of text: 'What do I do?' and 'Questions?'.

**CAMPION HOUSE
ST BEDE'S
COLLEGE**

PRESENTS

CHOICE!

POETRY COMPETITION

Your chance to be featured in Bede's News...and win a prize and House Points!

**National Poetry Day
8th October 2021**

What do I do?

Create a poem during your English lessons centred on the theme of 'Choice'.

Questions?

Come and see Mrs Barber at break or lunch in B1

Sports News - Hockey v Alderley Edge

U12 A

A strong display by the girls saw them romp home with a comfortable 7-0 win. The goals were split between Carey and Zara but it was a good all round team performance which created the chances at one end and kept a clean sheet at the other. Brilliant again girls.

POM - Carey

U12 B

Some new faces were making their debut for Team St Bede's in this match, but the hard work they'd put into practice paid off and they earned themselves a well deserved 2-1 victory. Prep 6 pupil Larissa was her usual dogged self and capped another solid performance with yet another goal and the POM vote from the opposition. Well done to everyone involved.

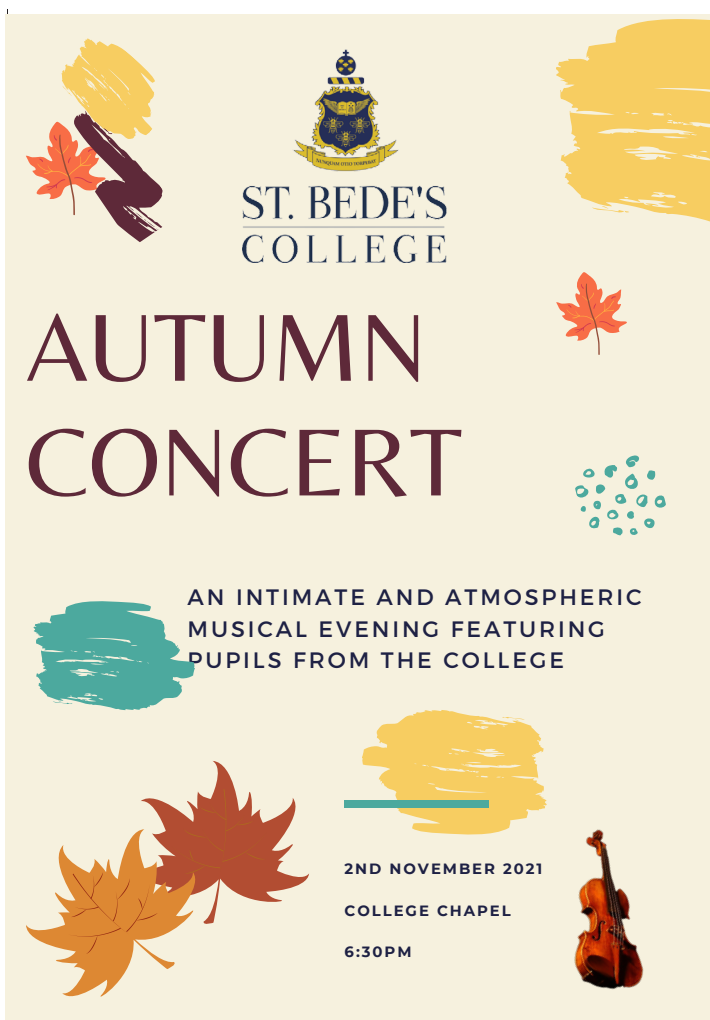
U13

Not to be outdone by their younger counterparts, the U13's continued where they'd left off the week before against Liverpool and attacked from the first whistle. They could have been out of sight before half time but some wayward shooting kept the score down. Kitty netted twice, securing a 2-0 win with goals set up from some excellent build up play out of defence.

POM - Kitty

U14

Having recently played 11 a side matches on a full pitch, it was a bit of a change for the U14's to revert back to a 7 a side game on a half pitch. They created some good chances, but unfortunately failed to convert any and the girls were left to rue their misses when Alderley slotted home the only goal of the game after a rare excursion into the attacking circle. Jess was solid at the back setting up most of our attacking play and was rightly voted POM by the opposition.



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

Cornerstone
Caritas Diocese of Salford

HARVEST FESTIVAL

Please support our Harvest Festival by donating any of the following items for the Cornerstone Day Centre

Food cupboard items

- Tins of meat, e.g. mince & onion, stews, curries, chilli, corned beef, ham, chicken, chopped ham & pork, meatballs, hotdogs (tinned or in jars)
- Tins of vegetables e.g. carrots, peas, potatoes
- Sauces (tins or jars) e.g. for pasta, curry
- Baked beans and tins of spaghetti in tomato sauce
- Tins of soup
- Tins of beans (not in tomato sauce) such as pinto, butter, kidney
- Tins of chickpeas
- Tinned tuna fish
- Tins of fruit, custard, rice pudding, evaporated milk / Carnation cream
- Long life/UHT milk, semi-skimmed and full fat
- Cordials for diluted drinks
- Pot Noodles, packet noodles, microwave rice
- Sugar and coffee
- Crisps and biscuits

Additional food for 'the street.'

- 200ml fruit juices and small bottles of water
- Tinned foods with a ring pull
- Cream crackers
- Sandwich paste
- Small boxes of cereals
- Mini / lunch box style custards, rice puddings, jellies
- Sweets and chocolate bars of any description.

**Donations to the College Main Reception
by Wednesday 13 October**

Grease is the Word!

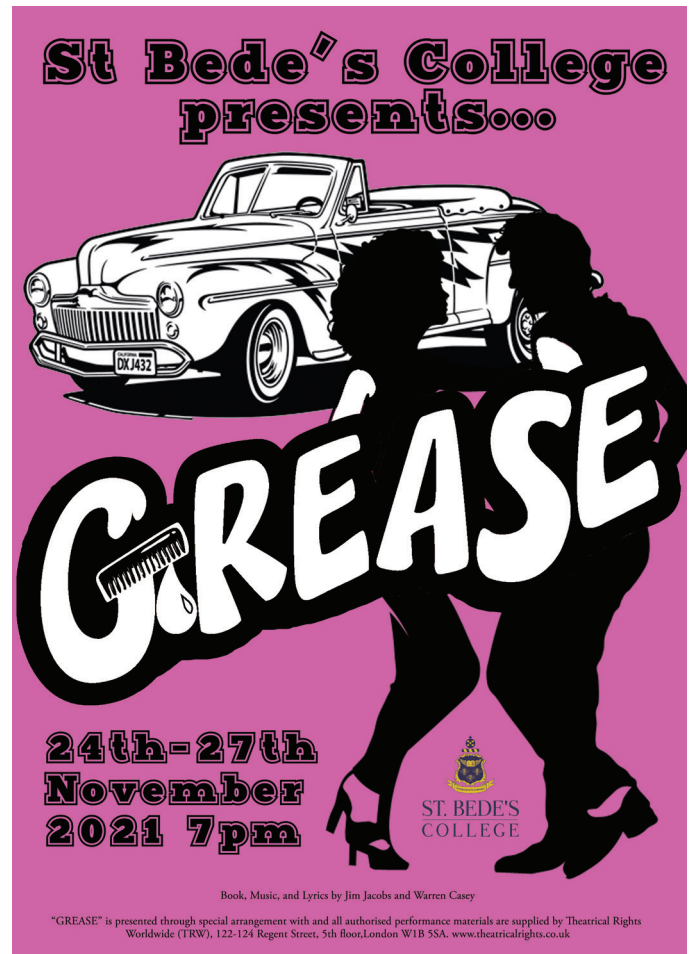
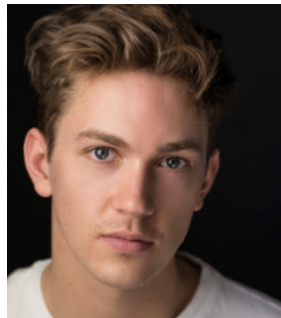
Our students and staff have been working really hard getting ready for our forthcoming production of Grease. We are really excited to present this show to you.

Tickets for cast and crew only will be on sale from Monday 11th October and available via the parent system for £10 per person.

Tickets will be open to the rest of the school only from Monday 18th October, priced at £10 per person. Please note that due to reduced seating numbers in the hall tickets will be limited per person.

Next week is a very exciting week for us as on Wednesday 13 October our cast and crew are going to Manchester Opera House to watch a professional cast perform this wonderful show. We are also fortunate enough to be holding a special workshop in the half term for our cast with professional actor Dan Partridge who is playing the iconic role of Danny Zuko in the UK Tour of Grease.

Following this we shall also be taking a group of students to the infamous Archie's Diner for an exclusive photoshoot promoting our show. Please follow our performing arts twitter page for regular updates and we look forward to welcoming you to our show in November.



Miss A Smith

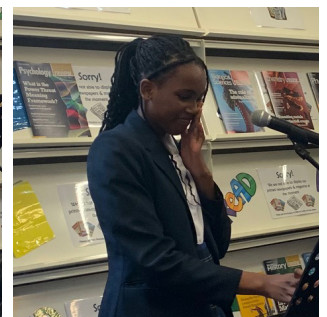
Director of Performing Arts

National Poetry Day

We celebrated National Poetry Day in the Library with a lunchtime devoted to verse. With contributions from staff and pupils from the College and Prep School, it was a real delight to hear such a variety of style and mood. We were treated to limericks, poems about late homework, a dramatic rendering of a historical ballad, poems by Yeats, Larkin and Frost and even a poem in Spanish.

Thank you to all who took part, particularly the pupils who stood up so confidently in front of a microphone.

Mrs Poolton



Football News

U12 Vs MGS

Lost 7-5

St Bede's made a quick start to the match with Daniel striking early to take a well deserved 1-0. The match from minute one was end to end and proved to be a great spectacle for the onlooking spectators. MGS edged what was a goal fest between two superb teams giving everything for their respective schools. It was great to see Olivia make her debut for the U12's as she was calm and collective in possession. Edson and Tom also stand out performers in what was a clash of the titans football match.

POM - Tom N



U13 Vs MGS

Drew 1-1

Goal Scorer : Femi X 1

St Bede's dominated the game but unfortunately failed to find the cutting edge in front of goal. A brilliant individual game from Femi saw him cut inside from the left and guide the ball past the keeper from distance. St Bede's defended resolutely with MGS barely threatening the St Bede's goal. With 10 minutes to go a great run by the MGS winger saw him tripped inside the area for a penalty. MGS dispatched the penalty to see the honours shared at the final whistle. St Bede's were disappointed not to get more out of the game.

POM - Sol

U14 Vs MGS

Lost 6-0

The U14's were up against a strong MGS team who were very clinical in front of goal and also had an awesome goalkeeper keeping everything St Bede's could throw at him out. Wilson proved very determined and battled to the end but unfortunately MGS were too strong for the St Bede's players.

POM - Wilson

U15's Vs MGS

Won 3-0

Goal Scorers - Jacob X 1, Fiyin X 1 and Benat X 1.

A good first competitive half in which neither team could break the deadlock in the first half with both keepers proving too strong to beat. St Bede's were lacking the cutting edge in the final third to take advantage of nice build up play. St Bede's controlled the game in the second half and finally capitalised on their possession with Jacob finishing from a narrow angle. Fiyin and Benat added to the scoreline later on in the half finishing off a good display from the U15's as they continued their incredible form.

POM - Daniel C

Mr Brown & Mr Fogel

Football - Cup Results

U13 Vs St Matthews (Gtr Manchester Cup)

Won 4-0

The U13's eased into the next round of the cup after a stunning performing away against a strong St Matthews side. St Bede's proved stronger in every department overcoming the weather as well as their opponents to guarantee their name is in the hat for the next round.

POM: Joe M

U15 Vs Grange (ISFA)

Won 6-0

St Bede's took the lead thanks to an interception and shot from distance. That lead was doubled after a cross and headed finish. A sublime strike from the left side of midfield made it three and a further goal gave St Bede's a four nil half time lead. Grange fought valiantly and started the second half strongly seeing several goal bound efforts blocked well or saved for corners. St Bede's added a further two goals to make the final scoreline six nil.

U15 Vs Knutsford Academy (ESFA)

Won 6-1

Goal Scorers: Benant X 5, Harry O X 1

The U15's cruised into the third round of the English School's Cup after an impressive dominant performance. After an early deflected shot saw Knutsford take the lead, St Bedes sparked into life with a quick fire hat trick from Benat. St Bede's showed skill and desire and capped off a wonderful footballing display with further goals from Benant and Harry O.

POM: Benant

1XI Vs RGS Newcastle (ISFA)

Lost 3-2

Goal Scorers: Markel X 1, Tom J X 1

Round 2 of the ISFA national cup saw the seniors have an early morning coach journey to Jesmond, Newcastle. The seniors made a quick start to the game dominating possession, chances and quickly going 1-0 up through a neat finish from Tom J. The second half started with St Bede's still leading and looking comfortable, with an error at the back the RGS striker pounced and converted to equalise. A quick response from Bede's number 10 Markel restored the lead to 2-1 with 10 minutes to play. RGS took advantage of the tired travelling legs of Bede's and scored two goals in the last five minutes to snatch victory from St Bede's. The players were disappointed not to proceed into the next round of the competition as the performance deserved more. The players represented the college superbly.

POM: Fidele

Mr Brown and Mr Fogal



Safeguarding Tips - A Parent's Guide

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

The link between social media and mental health is well documented and often discussed. However, young people have no boundaries between their physical and online lives and stopping young people from going on social media is just not realistic for most. Social media also has some benefits for many young people. Below is all adults need to know about social media and mental health.

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 platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reactions, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressures to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying, 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



National Online Safety
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 800222
- Young Minds Parents line, 0808 802 5544

SOURCE1: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, SOURCE2: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/423242/young-people-mental-health-2016-16-20, SOURCE3: <https://www.risk.org.uk/uploads/assets/upload-ed/82ba27ba-af5f-4719-a0682c2c-776c22.pdf>, SOURCE4: <https://www.psychologytoday.com/us/blog/turning-edge-leadership/2016/06/creating-a-healthy-mental-health-risk>

www.nationalonlinesafety.com **Twitter - @natonlinesafety** **Facebook - /NationalOnlineSafety**

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.06.2019

Grosvenor Museum Chester

On Wednesday 6 October Prep 3 visited the Grosvenor Museum in Chester. The visit tied in with this terms topic 'The Romans'. The Historical City of Chester was a perfect location to see the ruins of a once occupied Roman fortress. During the visit the children were able to look around the two main exhibition galleries of the museum and were then invited to take part in a workshop. This included learning about the archaeological aspects of Roman history. The afternoon was lots of fun as the class were able to dress up as soldiers and march around the city chanting at full volume. It also included a visit to the amphitheatre where our group leader taught us some battle formations. The day was thoroughly enjoyed by all and a superb learning experience for Prep 3.



Triathlon for Nana

Prep 4 pupil Romily took on a triathlon in memory of her nana; on her Just Giving page Romilly explained that at the age of eight she is the youngest great grandchild of Jennie Leitch, who sadly passed away last year at the age of 102.

Romilly aimed to raise £102 to say thank you to St Mary's Hospice and Boarbank Hall who had provided exceptional end of life care. Romilly designed her own '10.2 km triathlon' to honour the wonderful 102 years of nana Leitch's life.

Romily ran 5km, cycled 5km and swam 200m. She loved every minute of it and has raised over £600 which will be divided between the charities and which she hopes to deliver in person in the October half term holiday. We are all immensely proud of Romily's kindness, compassion and dedication.



Paddington

The children have been looking forward about opening their letters from their new pen pals in Peru. They had been asking all week about when they would arrive.

There was a buzz of excitement in the classrooms when they finally opened their letters. They loved reading about the interests, likes and hobbies of their new friends and a little about the history of Peru.

Our children have been working hard writing and translating their own letters in response. This is such a wonderful initiative and opportunity for our children.



Marathon Man

Mr Robinson the Prep school teacher for Technola is taking part in the Manchester Marathon this weekend. Mr Robinson has been training for over a year to be ready to take on the gruelling 26.2 miles.

Mr Robinson is running to raise money for the fabulous charity the Alzheimer's Society 'United Against Dementia', a charity very close to Mr Robinson. His aim is to raise £1,500 for the charity. Any donations will be greatly appreciated.





Stars of the Week



Housepoint Winners



Class of the Week - Prep 4

Headteacher Award

Congratulations to Romily in Prep 4 who this week received a Headteacher's Award. We have been so amazed by her wonderful 10.2km triathlon on Friday for charity in memory of your Nana. You are a superstar, Romilly, well done!



Monday Motivation

Sharing is Caring – Teaching our children to share is teaching them compassion and love.

Kevin Heath

@austorby

Word of the week

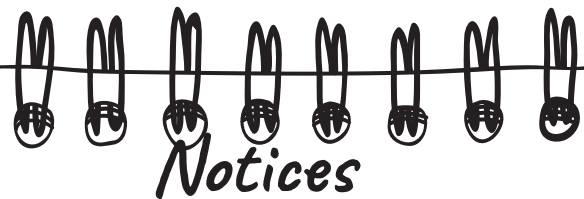
Share



PREP 4 **CHRISTOPHER**

PREP 6C **MARTHA**

PREP 6H **SOPHIE**



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

Prep Parents Evening (virtual) Thursday 14 October

Any donations for Harvest Festival would be greatly appreciated by 13 October via Prep Office

School closes Friday 15 October and reopens Monday 1 November