



Headteacher's Message



Congratulations to all of the performers in our Autumn Concert. You were amazing!

Mrs S Pike
Headteacher

Theme of the Week



Theme of the Week

All Saints & All Souls

"Happy those who mourn they will be comforted"
Matthew 5:4

Challenge:

This week is the Solemnity of All Saints and All Souls. We take time this week to visit the chapel and offer a prayer for the people that we know that have died.



Prayer:

Lord Jesus, you are the Lord of everlasting life, thank you that you offer us the promise of heaven. Thank you that you go before us and open the way to heaven through the cross and resurrection. We remember in our prayers all our loved ones who have died. We pray especially all the people who have nobody to pray for them, may they find eternal rest with you. Amen.



Holy Souls

For the Feast of the Holy Souls on Tuesday 2 November the Lower Fifth pupils led the College Mass. During the mass we prayed for all the souls of family and friends who have died. During the month of November we invite families to write the names of family members who have died in the 'Book of Remembrance'. All the names in the book will be remembered at each mass during November and we will continue to keep them in our daily prayers. If you would like to have a family member prayed for and remembered in this special way please invite your child to write the name in the book in the Chapel or email chibbert@sbcm.co.uk





Climate Change Resources

As COP26 continues in Glasgow, we are promoting resources on the environment and encouraging pupils to explore issues around climate change for themselves. A display in the Library highlights a range of books about climate change including some brilliant fiction where an environmental theme runs alongside a great story. All are available to borrow.

We also have free electronic access to over 140 high quality books on climate change. They are suitable for a range of ages and have been provided by Exact Editions working with the Publishers Association and Save the Children.

Books can be read by clicking on the front cover and using the arrow keys and either the whole collection or an individual book can be searched by keyword. Pupils can access these resources from their Chromebooks or you can use this link

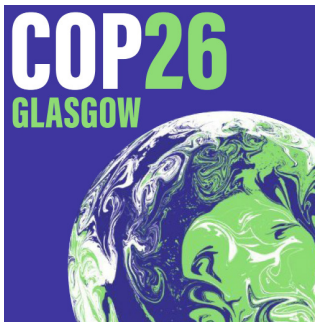
<https://exacted.me/COP26ShowcaseGlasgow22Nov>

They are only available until 22 November so please have a look at them soon!



Mrs Poolton

COP26 and Climate Change



In Form Time this week Tutor Groups across the school were invited to discuss climate change and the ongoing COP26 climate summit. A quiz was sent out, informing pupils about some of the key facts and statistics surrounding the current climate emergency, as well as some of the initiatives being discussed by the delegates in Glasgow. Pupils were invited to make pledges about things which they can do to make a difference (however small) to our fragile environment. This will be developed further over the coming weeks with the

creation of a new Eco-Club, headed by Miss Singleton.

Given the importance and urgency of the current situation, we look forward to bringing a sense of activism to St Bede's and doing our part for the environment.

Mr Lee Rodriguez



St Bede's College

The place to be

sbcm.co.uk

College Entrance Exam Saturday 8 January 2022

Contact: admissions@sbcm.co.uk

The Battle of Hastings Comes to Bede's

This week, some of the Upper Third managed to take advantage of the good weather to get outside and re-enact the Battle of Hastings. Some outstanding and historically accurate shields were on display as the Saxon army valiantly tried to repel the Norman invaders. Despite their best efforts, the last Saxon king Harold found himself on the receiving end of a nasty arrow to the eye before being chopped to pieces by the French infantry. It was wonderful to see such enthusiasm and engagement from the pupils, who behaved impeccably throughout the activity, and the History Department were delighted to have the opportunity to bring History to life.



Mr Lee Rodriguez

Bonfire Night

Bonfire Night is fun event for children, but it is important that they know what to do in an emergency.

Follow these links for some excellent first aid advice in relation to burns.

Prep - <https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/burns/>

College - <https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/burns/>

How to Treat 1st & 2nd Degree Burns

COOL

- 1) Hold burned skin under cool (not cold) running water or immerse in cool water until pain subsides. Use compresses if running water isn't available.
- 2) Don't break blisters or apply butter, ointments or ice, which can cause infection.



PROTECT




Cover loosely with sterile, nonstick bandage and secure in place with gauze or tape.

CARE

- 1) Give over-the-counter pain reliever such as ibuprofen, acetaminophen, or naproxen.
- 2) Unless the person has a head, neck, or leg injury, or would cause discomfort:
 - Lay the person flat.
 - Elevate burn area above heart level, if possible.
 - Elevate feet about 12 inches.
 - Cover the person with coat or blanket.


⚠️ 3rd degree burn: Call 911!

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

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 College life. Good physical health contributes to positive emotional wellbeing. This is why it's important for young people to sleep well. If pupils bodies are properly recharged, this will allow their brains to remain calmer and enable them to cope better.

Credit: Nuffield Health.

Sleep well

Why it's important

- ◆ From the outside, it appears that not much is being accomplished during sleep but this is not true.
- ◆ Sleep is essential for survival.
- ◆ It's an active process where a lot of important body functions and brain activity occurs.
- ◆ Efficient sleep, and a consistent sleep/wake routine, promotes mood stability and hormonal balance, and supports energy levels and concentration.

Guidelines

- ◆ Recommendations from The National Sleep Foundation are:
 - 9-11 hours consistent sleep for 6-13 year olds
 - 8-10 hours for 14-17 year olds.
- ◆ For young people, the value of a 'two-hour daily limit' for screen time has been consistently supported by The National Institute for Health and Care Excellence.
- ◆ Avoiding screens for one hour before bedtime is beneficial for sleep quality.

Ideas to encourage children to SLEEP well

- ◆ Get into a regular sleep and wake routine. Adjust gradually if needed – plan to go to bed half an hour earlier than usual and keep a consistent waking time.
- ◆ Before bed, get them to write down anything that's swirling around their mind. This will settle the mind for sleep and prevent broken sleep due to worry and concerns.
- ◆ Have an evening 'wind down' routine, such as:
 - planning time to have a bath
 - changing into nightwear
 - avoiding bright lights
 - setting a time-goal for lights out.
- ◆ Avoid exercise/sports close to bedtime as this can over stimulate children.
- ◆ Check the temperature of the bedroom and sleeping area, and aim to have it cool and comfortable.
- ◆ Switch mobile devices off or to 'sleep' mode, and set an alarm. This way the phone won't distract or interrupt sleep with notifications.

Liverpool World Museum

Prep 4 had a wonderful day at Liverpool World Museum this week as part of their Egyptian studies. They had to follow and complete an exciting trail challenge within the museum where they had to search for clues and work out the answers. They even saw some real mummies on the way. In the museum led session, they were introduced to the process of mummification, an integral aspect of ancient Egyptian religious processes and culture. Through an interactive approach, which involves working on a life size dummy mummy Pharaoh, they learnt details of how the body was preserved and could appreciate the cultural meanings of the preservation process, including putting their arms in the chest cavity and removing the vital organs of the Pharaoh. This was a wonderful learning experience for the children bringing to life the practises of an ancient civilisation.



Dancing Queens

Orla and Imogen in Prep 6 are our resident ballroom dancers who recently took part in the IDTA National Sequence Finals in the iconic Winter Gardens, Blackpool. They also took part in the Supadance Northwest League, Division A where they reached their first competitive final with an amazing sixth place finish in the Latin Section where they danced a Jive and Cha-Cha.

Imogen and Orla are such fabulous dancers which we all witnessed in their recent Harvest Assembly. It won't be long until they are quick-stepping their way to the BBC's Strictly Come Dancing as professionals.





Stars of the Week



Housepoint Winners



Class of the Week - Nursery

Girls' Football News



Huge congratulations to the Girls' Six-a-Side Football Team who took part in the Manchester Schools Football League yesterday. They played three games winning two of them 4-0 and 3-1 respectively whilst losing the last game 1-0. This would be an outstanding achievement on a normal day, but it was made even more fantastic in the fact there were only five of our girls playing in the three games against teams of six. Bravo girls an utterly amazing achievement.

Monday Motivation

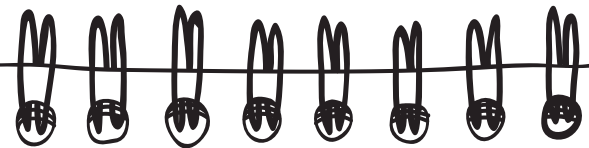


Word of the week

Promises



RECEPTION **OZZIE**
PREP 2 **SYLVIE-ROSE**



Notices

Polite Reminder: There are a number of late arrivals, children should arrive by 8.55am