



## Headteacher's Message



Christmas celebrations have begun this week. Well done to key stage one and early years on their brilliant production. We look forward to welcoming you to Carols by Candlelight on Tuesday at 6.30pm in the Academic Hall.

Mrs S Pike  
Headteacher



## Christmas Jumpers for Hampers

Today the pupils and staff at the college have had their annual Christmas jumper day. In return for wearing their Christmas jumper, they were expected to bring in a luxury item to go in one of our many hampers which we prepare for the loaves and fishes charity in Salford. This is a great cause and the hampers will be donated to families who might be struggling at Christmas and hopefully will give them a much-needed lift at this time of year. Donations have been coming in thick and fast, and as usual, the whole Bedian family have been extremely generous. Thank you so much.

Mr Davies  
Head of Bosco House

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



### Historians' Club

This week the Historians' Club were delighted to have one of our Upper Sixth historians present to a busy B11. Tony delivered a fascinating talk on the role of Mao Zedong and the Cultural Revolution in China. It is a mark of extreme pride for the History Department to have our pupils present to their peers. Tony did a brilliant job explaining a complex topic to pupils of all ages and even did it without notes! Well done Tony.

Mr Lee-Rodriguez



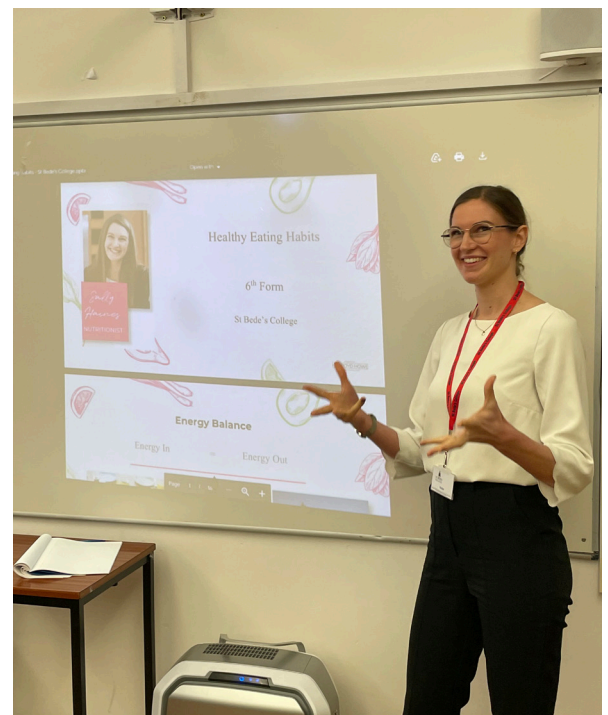
### Healthy Eating Habits

The Sixth Form had a very interesting talk on Healthy Eating Habits during PSMEET on Wednesday. The talk was given by Mrs Sally Haines, a Nutritionist from our caterers Holroyd Howe.

She emphasised how important a balanced diet is and how as very active teenagers it was vital that they had their five a day. She also pointed out that skipping meals was also a bad idea - for example not having breakfast and then supplementing it for sugary snacks at break time was not a good habit.

She also pointed out the amount of sugar that was in a small bottle of Coke and a Mars bar, stating that this would be your recommended intake for two days.

The overriding message she wanted the Sixth Form to absorb was to enjoy your food and eat what you like but be aware of what you are taking in and ensure a balanced diet.



### Geology Christmas Lecture

On Wednesday night the College hosted its 26th annual Geology Christmas lecture and around 80 souls braved storm Barra to attend. These included current and former students, parents and staff, visiting geology departments from other schools as well as members of local geological and geographical associations. The lecture was delivered by Dr Pete Rowley of Bristol University who posed the question 'Can we forecast volcanic eruptions?' At first it looked like it could be the shortest lecture of all time with his second slide simply saying 'No!'



Pete went on to explain that, whilst we cannot accurately forecast these natural events, we are in a position to detect when a volcano is entering a stage of unrest, which could then lead to an eruption. Whether looking at the gases released from the magma as it rises through the lithosphere (crust and upper mantle) or the earthquakes that are produced by the magma forcing its way through solid rock and deforming the surface, we are in a position to evacuate those most at risk. However, we are currently only able to monitor approximately 3% of active volcanoes on Earth. This highlights the need that we have for more geoscientists, whether in this industry or other sectors, such as renewable energy and mineral exploration and extraction, the world is crying out for more qualified geoscientists to help guide us through an uncertain future. If you would like to know more about careers in geoscience or advice on what you need to do, please don't hesitate to contact Mr Parker.

Plans are already underway for next year's lecture and we look forward to seeing you there.

**Mr Parker**

### Oliver's Family History

Oliver's History class was given a treat this week, as he brought in some original artefacts from his great-grandfather's service during the Great War. The class were delighted to see some genuine service medals which were awarded to Oliver's great-grandfather for his service during the conflict. They were particularly astonished to hear that he signed up for the war under age at sixteen and had to work burying the copious amount of dead bodies at the Battle of the Somme.

It was also wonderful to see Oliver's other artefacts, including some postcards, a record book from his great-grandfather's rifle training, an original newspaper from the 12th November 1918 and an annotated map of the frontlines of the war. The History Department is grateful to Oliver's family for agreeing to send him to College with such precious and delicate items, as were our pupils whose study of the Great War was brought to life after seeing them.



**The History Department**



### Sports News

“Outstanding spirit and participation” seems to be the only way to describe the pupils’ attitude to the extra curricular programme, truly reflected in the Manchester Schools Athletics Championships where our U14 team competed. The following were our medal winners: Captain Ophelia J - 1st in 300m, Havana L - 1st high jump, Alex E - 3rd high jump, Isabella O - 2nd 200m, Thomas C - 3rd 200m, Penelope W - 1st in the 60m hurdles, Josh O - 3rd 60m hurdles, Ophelia, Havana, Isabella and Georgia - 2nd 4x200m relay. Well done to all who competed.



Miss Sharp



### Football News

St Bede’s took two teams to play in the U13s futsal Manchester Schools Tournament held at Platt Lane. St Bede’s ‘Wizards’ narrowly missed out on a place in the semis by one point having conceded a last minute winner to Wright Robinson. The team grew in confidence with each game that went by. Keeper Thomas and his defenders Jack & Michael were solid at the back, complimented with the midfield menace of Josh & Hamza and red hot attack of Femi & Connor. St Bede’s ‘Magicians’ produced a spell of Magic in the semis to win in extra time thanks to Captain Luke’s goal of the tournament contender and team top scorer Edson combining with Davi who grew into the tournament. In the final it was extra time heartbreak conceding in the final minute against Wright Robinson despite the great shot stopping of Joe in goal and defensive masterclass from Joseph & Solomon.



A superb effort from all 13 boys on the day and more silver medals to add to the girls the previous week.

Mr Fogel

## Business Students Improvise, Adapt and Overcome!

As part of our Upper Fourth (Year 9) Business course students have a competition to devise stalls for the Christmas Fair and the best ones are chosen to run. However, due to COVID restrictions this has not been possible for the last couple of years and so the students along with the Prep and the Art and Design & Technology department decided to take matters into their own hands by organising their own Christmas Fair.

This is open to Prep and College students and will take place on:  
**Monday 13 December from 12:15 - 1:45pm**

There will be lots of opportunities to play games, have a go on the fantastic chocolate and soft toy tombola's, buy gifts and treats to share...Or not! So do not forget to bring full wallets and purses to avoid missing out.

Thank you to all those who have donated to the stalls and good luck to our budding entrepreneurs who are stepping into the business world for the first time.

All proceeds go the St Bede's College Parents Association

**Cotton Candy Crew**

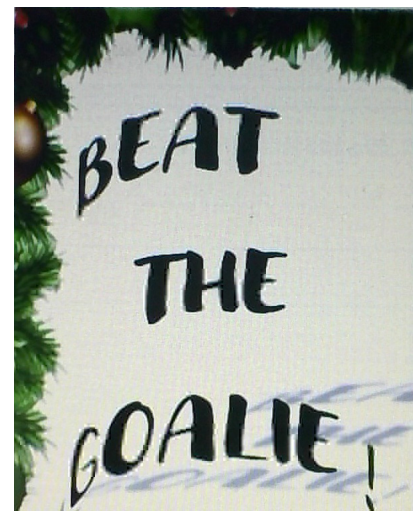
We are selling cotton candy at the Christmas fair  
On December 13th ONLY £1.50



Do not eat the cotton candy if you are allergic to Sugar!!!!

Play basketball to win prizes(chocolate).





**BEAT THE GOALIE**



**£1.00 FOR  
3 SHOTS**


Can YOU



**Beat the goalie ?**

Come and join us at the 'Beat The Goalie' Christmas stall to have some fun, competition and much more ...

**HIGHER OR LOWER**



FUN GAMES  
ACTIVITIES  
PRIZES  
FESTIVE SPIRIT  
REINDEER TREATS  
BAUBLE DESIGN  
CARD GAMES  
FUN FUN FUN

**MONDAY 13TH DECEMBER 2021**

**St Bede's College**

**The place to be**

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

**College Entrance Exam  
Saturday 8 January 2022**

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

## Safeguarding Tips - A Parent's Guide

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

It's good to talk. Adolescence can be a confusing and testing time for both young people and parents. Talking early on, before problems become too ingrained, almost always helps. Sometimes parents stop talking because they don't know what to say, below are some practical tips to help.

Credit Anna Freud Centre.

### Top tips for talking

★ **Give your full attention, be curious and take it seriously.** We all know it's not nice to be half listened to. Being actively interested in your child can be a powerful way to help them feel listened to and understood. Try to resist the urge to downplay or dismiss what your child is telling you.

★ **Emphasise that you are always available to talk.** It may be that your child doesn't want to talk, can't find the words at the moment or is trying to assert their independence. But don't be misled by your teenager's need for separation. They need you just as much as ever.



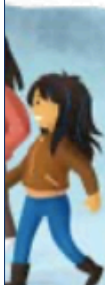
★ **Take time to reflect.** Research shows that thinking about what is going on in your child's mind and being aware of your own thoughts and feelings promotes secure attachment, good social skills and the ability to 'read' others.

★ **Provide empathy.** When children feel truly understood they start to be able to manage their emotions and this has a big impact on their wellbeing. Using empathy is also a great way to defuse tension.

★ **Be aware of your own stress and negative feelings.** They can really get in the way of feeling close to your child. Reflecting on the causes of stress can prevent it from spilling into your relationships at home.

★ **Think about timing.** Ask yourself 'Is this the right time to talk?' Choose a time when you can focus on your child and ignore distractions.

★ **What should I do if I am worried?** You can find some advice and guidance listed on the back of this leaflet. In particular, MindEd for Families provides comprehensive information on a range of mental health problems. If problems persist, become overwhelming or you feel your child is displaying particular symptoms, we strongly recommend that you visit your GP.





## Nativity - Hurray in a Manger!

After many rehearsals, lots of Singing and (happy) tears from Mrs Kelly, Key Stage One and Early Years children sparkled and shone in their Nativity. We were all so proud of each and every child on the stage, some of whom are only 2 years old! Our nativity followed the story of The Three Kings' camel called Godfrey Humps, and their journey to Bethlehem. There were delightful dances and soulful singing from the Stars, Shepherds, Innkeepers and Angels who all wowed the crowd. Mrs Whipp, Mrs Kelly, Mrs Sivori, Mrs Denton and Miss Cunningham couldn't be prouder of their shining superstars who put everyone in a Christmas mood.

Click here for the video link: <https://vimeo.com/655050876/815e6b4c12>



St Bede's Prep  
The place to be  
[sbcm.co.uk](http://sbcm.co.uk)

Open Morning / Afternoon  
Wednesday 19 January

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

### Futsal

The Prep 6 boys competed in their very first 'Futsal' tournament on Monday at Platt Lane. The tournament was open for all of the Manchester Schools and they faced some very tough competition. During the afternoon fixtures they faced Button Lane, Oswald Road, West Didsbury, St Cuthbert's and MCA Primary.

The boys managed to win two matches whilst losing three which was impressive considering it was their first ever experience of these small sided games. It was a great experience for them overall and a special mention goes to Jysiah, Prep 5, for scoring all our goals during the day!



### Dancing Girls

The Prep School's resident Ballroom Dancers Orla and Immy took part in the National Supadance Finals last weekend, in Gloucester. They achieved an amazing sixth place in the Latin Final, for their age category, as well as a semi-final in the single dance Cha-cha.

In the Team Competition they were awarded second place where they competed in Ballroom and Latin; a Waltz, Quickstep, Jive and Cha-cha. The girls dance for Cadman's Dance School. This is another fabulous achievement for Immy and Orla. We are so proud of them both.



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*Stars of the Week*



*Housepoint Winners*



*Class of the Week - Nursery, Prep 1 & Prep 2*

## Monday Motivation



## Word of the Week

### Advent



PREP 6H **ANN SOPHIE**

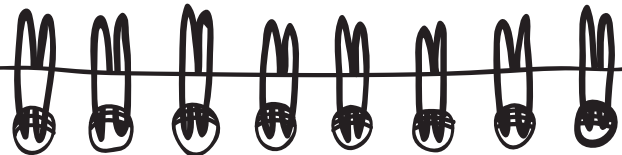
PREP 5C **KAYDEN**

PREP 4 **HOLLY**

PREP 4 **DEAN**

PREP 3 **WALTON**

PREP 1 **HENRIETTA**



## Notices

15 December - Whole School Trip to the pantomime (nut free packed lunch required) - We will leave school at 12pm and hope to back by approximately 4pm.

16 December - KS2 Carols by Candlelight, Academic Hall, 2.30pm - parents are asked to arrive no earlier than 2.20pm via the Main College Entrance.

The Prep closes for Christmas on Friday 17 December at 12pm and there is no after school provision.

Follow us on Social Media  
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Twitter: @StBedesPrep

