



Headteacher's Message



It has been a busy start to the term with many opportunities in the classroom and beyond. Pupils in the Lower Fourth and the Upper Fourth enjoyed the live show from 'Hear at Last' today.

Congratulations to our current Upper Sixth on the many university offers they are now receiving. Offers include places at Bristol, Birmingham, Newcastle, Leeds and Queens Belfast.

Mrs S Pike
Headteacher

Theme of the Week



**Theme of the Week
A Miracle**

'My hour has not come yet' - 'Do whatever he tells you'
John 2:1-11

Jesus Changes
Water Into
Wine



Challenge:

Many people know the miracle that happened at the Wedding of Cana, when Jesus turned water into wine. In every miracle Jesus requires an offering that he can then transform. What can you offer God for a miracle in your own life?

Prayer:

Lord God, help us to be willing to offer ourselves to you so that you can transform our lives.
Amen



St Bede's College

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**Prep Open Morning
Saturday 22 January 2022**

Contact: admissions@sbcm.co.uk



St Bede's Reads

Our Upper Third and Lower Fourth pupils have been busy reading over the Christmas holidays. Whilst we always encourage our pupils to read because of the many benefits it will bring, there is currently an extra reason for them to enjoy a good book – we are raising money for Mary's Meals.

Our annual sponsored read encourages pupils to set themselves a reading challenge and ask family and friends to donate money to Mary's Meals to reward their effort.

Mary's Meals works in 19 of the poorest countries across the world, providing children with a nutritious meal in their place of education. It costs just £15.90 to feed a child for a whole year and the brilliant news this year is that any donations received before the end of January 2022 will be doubled. You can read in more detail about the wonderful work of Mary's Meals at www.marysmeals.co.uk

Let's try and help as many children as we can by at least matching last year's total of £806 and reaching our new target of £1650.

Please give generously if you can at www.justgiving.com/fundraising/stbedesreads



Sarah's story (taken from the Mary's Meals website)

On a good day, it takes Sarah three hours to walk to school. She arrives tired and hungry, eagerly awaiting her morning mug of porridge. She told us: "I'm shy about saying this, but before Mary's Meals arrived, I used to skip school because of hunger. I was too tired to concentrate in class, so I would go looking for food. I really enjoy the porridge. It sustains me and helps me work. School makes me happy. I want to be a teacher one day. I dream of building my parents a house."

Mrs Poolton



ISFA Debut

A special congratulations to Cian who made his ISFA U14's goalkeeping debut over the Christmas period keeping a clean sheet in a 6-0 victory v Bromley. Cian models his game on Liverpool's Alisson Becker due to his footwork and playing style in which he hopes to emulate. A fantastic honour and achievement and one as a school we are hugely proud of Cian, well done.



Introducing Mrs Maria Kemp

Deputy Head

On Friday the 7th of January we celebrated St Bede's 146th anniversary since it's foundation, a perfect day to continue to grow in the vision of St Bede himself, "to instil in our students a true love for learning".

The day before was the feast day of the Epiphany and like the Maggi we are on a journey, filled with hope, looking at the future of the pupils who make the College a reality. I come from the Foundation to help the College take the next steps of its history shaping Catholic Education in Manchester.

I have worked in schools in Oxford, London and Madrid, both in the Primary and Secondary sector. Since joining The Foundation as General Academic Director in this role I have helped schools throughout the world to educate and empower the vision of the future generation to come, to help transform society through Christian values such as spirit of service, responsibility, sincerity, freedom and compassion. I am delighted to have joined the team and as I get to know them, I am filled with gratitude for their dedication and self-giving to the development of our pupils.

There are exciting times ahead, and I cannot wait to meet and work with you, parents, pupils and staff in educating the Bedians of the future.

Mrs Maria Kemp



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Science Book Award Judges

Members of the Prep and College Book Clubs members have been judging the shortlisted books for the Royal Society Young People's Book Prize 2021. The Prize aims to inspire young people to read about science and promotes the writing of excellent, accessible books for children and young people.

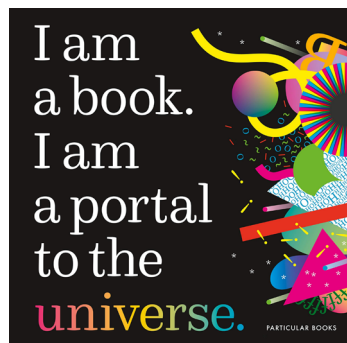
The six best books are chosen by an expert adult judging panel and then handed over to groups of young people across the UK to choose a winner. St Bede's is one of those groups and Book Club members have been looking at the books in terms of layout, ease of use and appeal before voting on their winner.



We wait to see which book has won nationally (the winning book will be announced in March), but our votes went to:



**100 Things to Know
About Saving the
Planet - College**



**I am a Book. I am a
Portal to the Universe -
Prep**

All the shortlisted books are now available to borrow in the Maher Library.
Mrs Poolton

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Here At Last Visits St Bede's College

Up and coming boy band Here at Last visited the College today to play their latest music and deliver a serious message about staying safe on line and mental health issues. Last week, the group consisting of Zach, Tommy, Pedro, James and Ryan launched their debut song titled Tongue currently number two in the Tik Tok charts.

The boys spoke to the Upper Fourth and Lower Fourth about their personal experiences of receiving hateful comments on social media and how they managed to block the senders and concentrate on the positive messages rather than worry about the hurtful ones. They also explained how mental health issues can be all consuming but the best way to deal with it is to talk things through with a close friend or relative and not to bottle things up. At the end of the event the boys signed flyers and posed for pictures with their new found fans!



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Football News

The first week back in school saw the seniors play host to RGS Worcester and the return of U15's in cup action. Unfortunately the poor weather meant a number of games were called off against MGS with just the mini derby (U12's) surviving the winter storms! We now look forward to playing Cheadle Hulme and welcoming all the teams back to after school training. Please read below the latest news and match reports.

Tour Match

1st X1 Bede's 3 - 2 RGS Worcester

The Bede's 1st X1 kickstarted 2022 in style coming from behind to win a five goal thriller 3-2. After conceding two first half early goals, the boys drew level thanks to a fine finish from a narrow angle through Tom and a goal of the day contender lobbed shot from Temi. The striker's instinct of Pat sent the team and home fans into scenes of jubilation with the winner and he duly celebrated with his teammates with a trademark Romario celebration for the newborn of Mr Brown. The boys will now look to build on a good display and 100% win ratio in 2022!

Goals - Pat x 1, Temi x 1 & Tom x 1

POTM - Pat



U12's MGS 0 - 3 St Bede's

A difficult and congested first half saw the teams all square at the break. Bede's with a below par performance in difficult conditions. First half highlight was Thomas pulling off two fantastic saves.

The second half saw a much better start after a tactical switch. The team doing the basics right and got the creative sparks Edson and Marco on the ball more. Edson opened the scoring after a mix up between keeper and defence tapping into an open goal. Good pressure from Bede's resulted in a quick second. A good cross from Dan saw the defender deflect into his own net. The third came ten minutes from the end with some good play down the right hand side and Marco finishing well into the top corner from a tight angle and celebrating with a great knee slide! All the boys worked tirelessly for one another and showed a great team spirit.

Goals - Edson x 1, Marco x 1, OG x 1

POTM - Thomas

U15's ESFA Last 16: St Bede's 4 - 2 Moorlands

'Romance of Cup goes on'

Bede's got off to a fantastic start setting a fast tempo with Harry opening the scoring off a flowing move. Moorlands equalised reacting well off a set piece. They then took the lead with a well taken finish from the rampaging left back on the left hand edge of the box. H/T 1 - 2



Defending the cup the team were determined to end winners and fought back with a leveller through Benat. Dominic pulled off the save of the season to keep the scores at two each. The team then took the lead as Harry raced through and kept his composure. Due to injury the team went down to 10 men for the final five minutes and soaked up the pressure well. As Moorlands pressed for an equaliser, Bede's countered through Benat which saw Harry profit to score his hat trick and seal the teams place in the Quarter Finals. A superb battling team performance in which the boys showed great character and belief.

Goals - Harry OG x 3, Benat

POTM - Team


Safeguarding Tips - A Parent's Guide

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

Instagram is an app that many pupils use on a daily basis, however, many parents have never used or experienced it. Below is everything parents need to know about the popular social media app.

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 parents need to know about INSTAGRAM

AGE RESTRICTION
13+
Anyone over the age of 13 can create an account

Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, create interactive stories, exchange private messages or search, explore and follow other accounts they like. Images and videos can be transformed with an array of filters to edit the shot before sharing and anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. That's why we've created this guide to help parents and carers understand exactly what Instagram is able to help parents and carers understand exactly.

HOOKED ON SCROLLING

Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioral economist Nir Eyal calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a dopamine release. Scrolling may become addictive and it can be difficult to stop until children find that 'something' they are looking for, quickly losing track of time as they get deeper into their Instagram feed.

IMPACT ON WELLBEING

In a report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves and other users on the app might threaten their confidence or self-worth. In early 2019, Instagram banned images of self-harm and suicide, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform. They since extended the ban to include drawings, cartoons and memes.

EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is public, anyone can access their account and see their location.

SLIDING INTO DMS

Direct messages (or DMs) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real time and comment on videos during broadcast. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In early 2019, data gathered by the NSPCC found that sex offenders were grooming children on Instagram more than on any other online platform.

HUACKED HASHTAGS

Hashtags are an integral part of how Instagram works, but they can come with risks. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child shouldn't be exposed to.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire, creating a false sense of reality and potentially affecting their mental health and wellbeing.

IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which states that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

IGTV

Instagram TV (IGTV) works similar to YouTube. Users can watch videos from favourite accounts on the platform or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

Top Tips for Parents & Carers

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again. Children can also 'tap and hold' the individual message to report it directly to Instagram as well as reporting the account itself.

MANAGE DIGITAL WELLBEING

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a daily reminder to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long. In addition, once users have caught up with all the previous posts since they last logged on, they'll receive a 'You've completely caught up' message. Both features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

FILTER INAPPROPRIATE COMMENTS

Instagram has an anti-bullying filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so that they can take action against the user if necessary. This is an automatic filter, which should always be enabled. Children can also report abusive behaviour or inappropriate/offensive material directly to Instagram from the app. This includes posts, comments and accounts.

LOOK OUT FOR #ADS

In 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

PROTECT PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything, including their location, to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

MANAGE NEGATIVE INTERACTIONS

If your child is receiving unwanted or negative comments, they can block that account so that they can't interact with them. This stops them seeing and commenting on their posts, stories and live broadcasts. In addition, your child can instantly delete unwanted comments from their posts, turn them off completely and control who can tag and mention them in comments, captions or stories. From everyone, only people they follow, or no one at all.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos. Children should also use a secure password and enable a two-factor authentication to add an extra layer of security to their account.


REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!


Meet our expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience of working in the social media arena and is the founder of Kids N' Clicks, a web resource helping parents and children thrive in a digital world.



***NEW FOR 2020* INSTAGRAM REELS**

Instagram Reels is the latest update from Instagram that gives users the ability to record and edit 15-second multi-clip videos with audio, effects, and new creative tools. It is the app's answer to TikTok and can be accessed via the Stories feature. Reels can be shared with friends and family, however, if your child has a public account, it could be shared wider via 'Explore' and viewed by millions of strangers online.



National Online Safety
#WakeUpWednesday

Sources: <https://about.instagram.com/about-us> | <https://about.instagram.com/community/safety> | <https://www.bbc.co.uk/news/health-47619920>

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

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Dancing Success

Congratulations to Jessica in Prep 5 who recently took part in her Grade Two Ballet and Tap Dance examinations where she gained a Distinction in her Tap Exam and a Merit for Ballet.

In her Ballet exam she had to do fondues, a hide and seek dance and three bar works. For the tap exam Jess had to do a shuffle-pull-change dance, clap & tap and The Big Dance. It is wonderful to hear of all of our pupils' amazing achievements outside of school.



Athletics

On Monday 10 January, the Preps 5 and 6 Sports Hall Athletics Team attended the Manchester Schools Finals at Sports City. The team had qualified in second place from the heats before Christmas meaning they were entered into the plate competition.

The pupils were selected to take part in different events across the afternoon: running races, obstacle race, relay race, chest push, soft javelin, speed bounce, long jump, triple jump, and vertical jump. The boys' and girls' scores across each event would be added together at the end of the meet to give an overall score, so the pupils knew that they had to try their best in each of the events they were picked for.



Some stand out performances were the girls running events, where they won 4 out of the 5 races. The boys did really well at the field events, especially the triple jump. Their final score at the end of all the events was 184 points, which meant that St Bede's won the plate competition by 10 points.

The pupils were thrilled and represented the school brilliantly all afternoon.

Mrs Lavorini and Miss Sharp would like to congratulate the following pupils:

Girls Team: Abigail (Capt), Larissa, Sophia, Iria, Francesca L, Jojo, Ann Sophie, Lucy B and Zinzile

Boys Team: Tom (Capt), Cleon, Oscar, Sammy, George, Jysiah, Lucian, Jayden and Leo

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Open Morning / Afternoon
Wednesday 19 January

Contact: prepschool@sbcm.co.uk



Stars of the Week



Housepoint Winners



Class of the Week - Prep 1

Monday Motivation



Word of the Week

A Miracle is God doing what only God can do.



PREP 6H **AYAAN**
PREP 6C **LUCY**

