

The Sixth Form Review



ST. BEDE'S
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Issue 05

Welcome to Chemistry Club!

Starting off the year with enthusiasm, Frankie and María in L6 initiated a new Chemistry Club. Open to all year groups at College, it has made way for an immensely educational opportunity for all students, with the support of the Sixth Formers.

Chemistry Club offers students a chance to explore exciting experiments and expand their knowledge by learning about interesting scientific theory, stretching beyond the syllabus. Since January, Frankie and María have conducted various practicals and demonstrations with impressive results and well-executed explanations. This not only allows students to have fun playing around with chemicals, but also develop an inquisitive mindset.

The exciting club started off with a 'Milk Art' experiment in which students made their own patterns using food colouring, milk and soap, and learnt about surface tension, as well as the interactions between the hydrophilic and hydrophobic ends of soap and milk molecules. Students really enjoyed the practical experiment which made them very keen to continue attending the club.



Another impressive and very popular activity was making lava lamps using oil, water, food colouring and effervescent tablets; this also allowed the concepts of density and polarity to be explored.

Frankie and María also collaborated with the Bedian Diversity initiative (BDI) in hosting a special edition experiment of Flame Tests in light of Chinese New Year.

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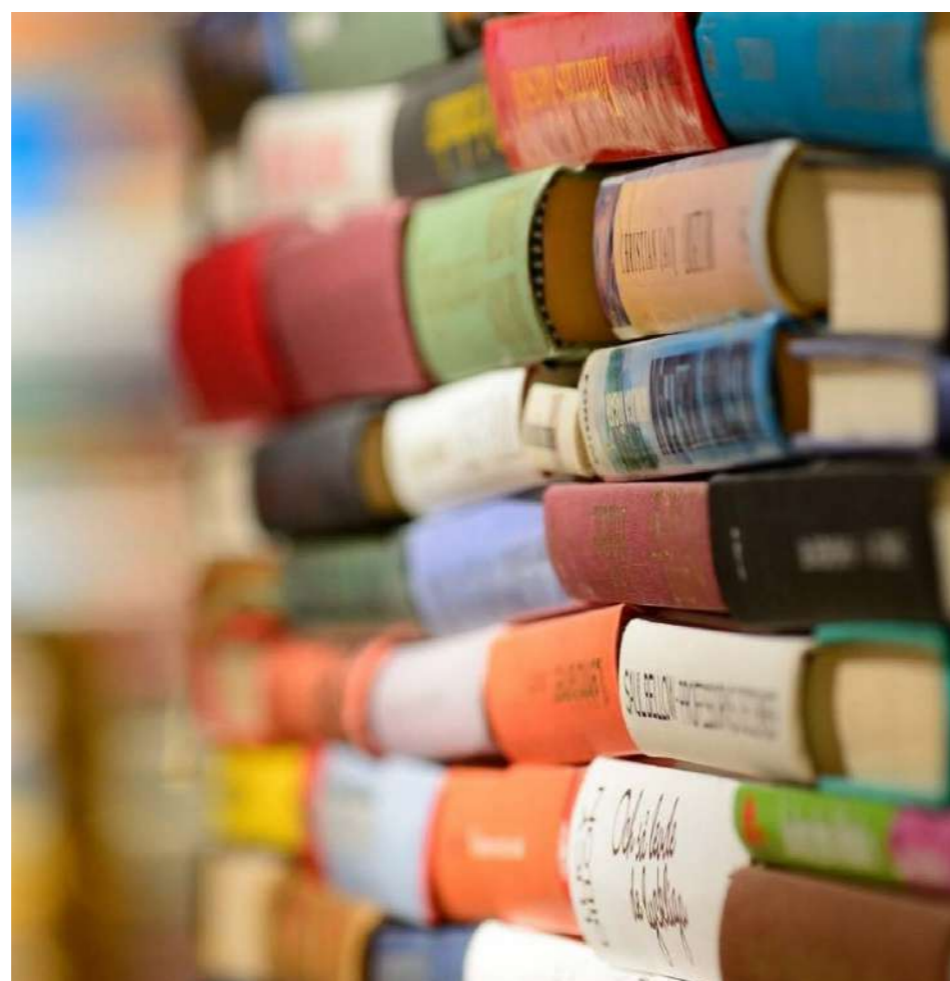
Diligence, Discipline and Motivation - The Cornerstones of Academic Life

By Frankie. I

As we approach our exams, it's crucial to emphasise the significance of maintaining a diligent approach to our studies. Diligence, discipline and motivation are truly the cornerstones of studenthood.

While motivation often provides the initial spark, it tends to wane over time. It's the discipline we exercise that propels us forward, even when motivation falters. Meanwhile, diligence is what enables us to consistently apply ourselves; it is the steady, earnest and energetic effort incorporated within each of our assignments, every piece of independent study and our super-curricular pursuits that push us beyond the curriculum. Diligence is not merely about working hard; it's about working smartly and consistently, putting in the effort to improve oneself and one's circumstances.

Moreover, diligence is our dedication to being attentive within our friendships and supportive of those around us. For me, being more diligent involves cultivating habits and practices that promote consistent progress towards my objectives. This includes setting clear, achievable goals, breaking them down into manageable tasks, and prioritising them effectively. It also entails maintaining a positive mindset, viewing challenges as opportunities for growth rather than obstacles to success - no matter how hard that tends to be. Being diligent requires



accountability and self-discipline. It means holding ourselves to high standards and following through on commitments even when faced with temptation or adversity. It involves managing our time efficiently, avoiding procrastination and staying focused on the task at hand.

Observing my classmates demonstrate diligence in waking up early, actively engaging in extra study, tackling challenging problems, and embracing mistakes as learning opportunities is truly inspiring. The diligence exemplified in their actions is contagious, motivating others to strive for excellence and continuous improvement, something akin to witnessing a smile spread from one person to another. Proverbs 13:4, "the slacker craves yet has nothing, but the diligent is fully satisfied," offers a profound insight into the contrast

between laziness and diligence, highlighting the importance of turning aspirations into tangible outcomes. It underscores a common human tendency to dream and desire without taking meaningful steps towards realisation. This verse serves as a reminder that mere wishes yield nothing, while diligent action leads to richness in various aspects of life.

The distinction between the lazy and the diligent lies in their approach to turning thoughts into actions. Diligent individuals possess the ability to bridge the gap between aspiration and achievement and so, it is a virtue that I believe deserves avid reflection and consideration from students who have immense potential to live a rich and fulfilling lives.

Truthfulness and its Benefits for Self-Exploration in Adolescence

By Siena H.

The majority of the pupils in the College are going through their adolescence - a time of self-exploration and transitioning from childhood to adulthood. During this period, being truthful to yourself can help with exploring what is the best for you. To be truthful is to be honest. It is not deceiving others, but also not deceiving yourself.

As we get older and become more independent, and we are exposed to more and more information, it is easy to feel overwhelmed. We can feel unsure of what to do in the next step of our milestone, unsure of how to revise for the upcoming exams, unsure of how to socialise, unsure of how to make a good impression etc. On top of that, advice from others might not be complementary to our own trials and tribulations because everyone's experiences are different. This can cause stress and anxiety and it can often feel like things are out of control. Here is where being truthful to yourself comes into play.

Although it is hard to combat those challenges, being honest about the

fact that you are struggling is the first step of overcoming the hurdles.

This is because being truthful to your feelings will help you to learn what your triggers are. It can help you to trace the source of your triggers so you can work towards minimising the stress and anxiety that you will feel next time when you are in a similar situation. Try positive self-talk, acknowledge whatever it is that is making you feel stressed, write it down and accept the fact that you might need some support from others, whether it is someone to tutor you, someone to teach you exam techniques, someone to help you socialise, or someone to just sit and listen to you. Know that you are perfectly imperfect, just like

everyone else in this world! It is okay to be flawed because it leaves room for improvement. If you are a friend of someone who is asking you for help, be truthful with how you feel, give constructive feedback and most importantly, listen.

To you who are reading this: you are not alone. It might seem nerve-racking to figure out your feelings alone. You might feel lost, but at least you can be honest with yourself about how you are feeling; this journey of self-exploration is filled with excitement waiting to unfold.



The Bedian Science Week 2024

By Rafal S.



From the 11th to the 15th March 2024, St. Bede's College celebrated the annual British Science Week. 2024 marks the 30th anniversary of the national event, with a focus on the theme of Time.

Throughout the week there were many amazing activities planned; some were run by our Sixth Form team, including Frankie and Maria's Chemistry Club, where they did some spectacular precipitation reactions. Jolie's Biology Club dissected squid, which was the fan favourite. Then there was Periodic Table Day when

several Sixth Form students, including myself and teachers, dressed up as chemical elements. Some of the outfits were more obvious than others. For example, Maciej's iconic banana costume for Potassium and Mr Hepburn and Mrs Prince's duo costumes of Neon. Others were more subtle, for example, my mad Doc Brown costume representing Plutonium or Mrs Corbett's Argon pyjamas. Overall, it was a lot of fun and a great success.

Science can sometimes be seen as a difficult subject and can seem intimidating when you do not fully

understand what it is about, how it works and the way it silently exists in our daily lives. So to have an event that incorporates fun with knowledge will always attract positive attention and hopefully make this great trio of subjects less scary and more approachable. I hope that celebrating British Science Week at St. Bede's becomes a tradition that will continue, and I look forward to seeing more students getting involved and wearing fabulous costumes next year.

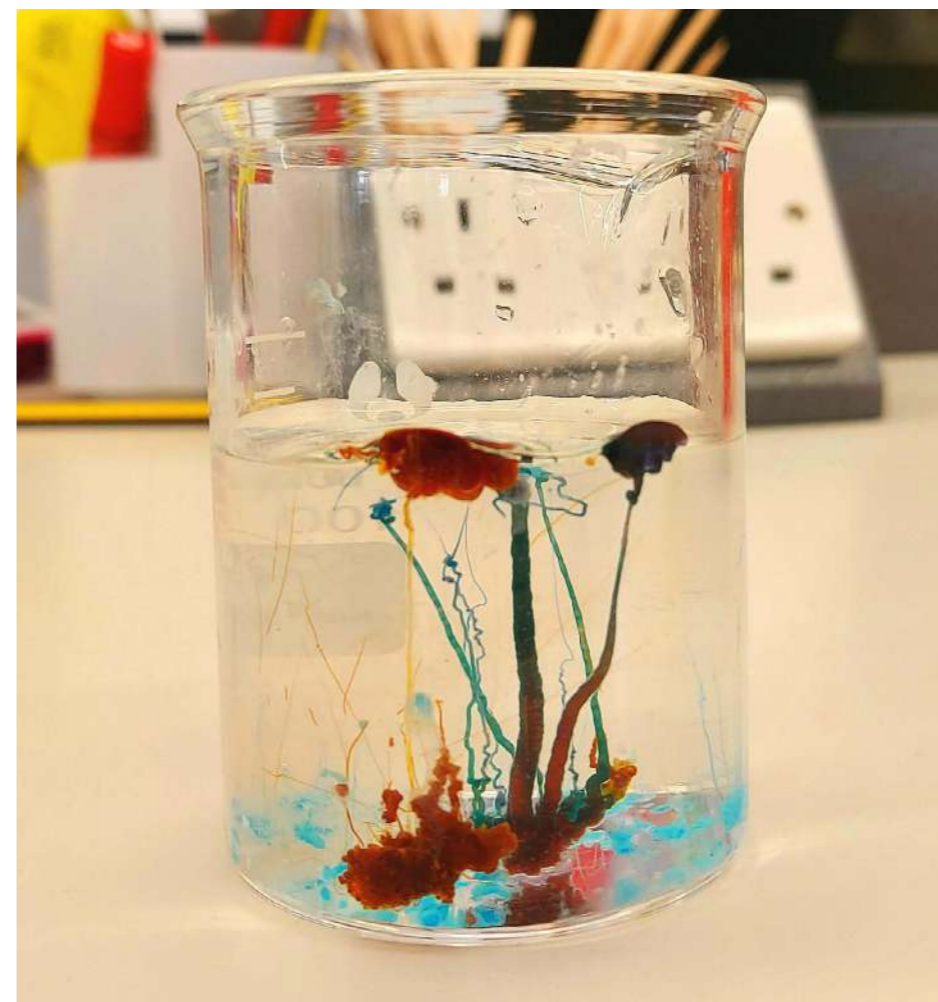
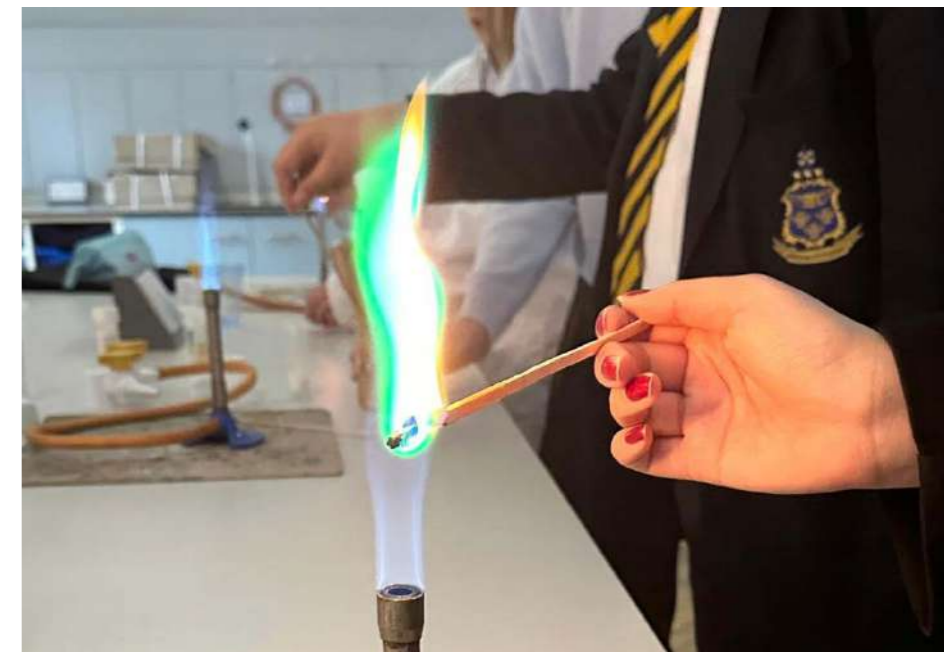
Welcome to Chemistry Club!

By Maria G.

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This was a fascinating practical activity involving burning various different ions, which formed beautiful, bright colours, reflecting the fireworks of the Chinese New Year celebrations. The most recent activity that took place in the Chemistry Club was growing a crystal garden; students used water, water glass and metal salts to make amazing crystals of different colours, creating intricate patterns and shapes. Mrs Prince and Mr Cooke were especially pleased with this one!

Maria G who helps to run the club said, "As a Sixth Form student, I am pleased to be part of providing this



fantastic opportunity to take part in an educational and enjoyable activity. It brings joy to see the younger students in awe of the experiments and the chemistry behind how they work. This club also gives a chance for Bedians of varying ages to mix and create a stronger sense of community in our school, which is wonderful to have! I am extremely excited to see what the future holds for Chemistry Club and I hope the students continue to attend, giving them the chance to explore above and beyond their lessons in the most enjoyable way possible."

Frankie I. also noted, "What I love most about Chemistry Club is being able to bring scientific concepts to life with practicals and experiments. As well as this, it brings me great delight to see the students' radiant faces when I ask, "Do you want to know how it works?"

The History of St. Bede's College

By Oliver T.

The Bishop of Salford, Herbert Vaughan, founded St Bede's College in 1876. It was originally a commercial college located at 16 Devonshire Street, Grosvenor Square (just off Oxford Road).



The purpose of the school was to prepare the sons of Manchester Catholics for life in business and the professions. The College was the first school under the patronage of Saint Bede, an English monk, author and scholar. His most famous work was the Ecclesiastical History of the English People. Written in AD 731 the book is a history of Christian Churches in England; because of its importance, St. Bede is referred to as "The Father of English History."

The College moved from Grosvenor Square to its current Alexandra Park location in 1877 and has continued to evolve over the subsequent 147 years. The new site, purchased by Bishop Vaughan, included the former Manchester Aquarium. Initially the aquarium continued to operate but it closed down and became what is now the Academic Hall. The Vaughan Building and Joseph Building were constructed in stages during the 1870s and the Chapel opened in 1898. No new buildings were added to the site until the Henshaw Building in 1932. The Gonne Building

was completed in 1939 and there was another gap in the development of the site until 1958 when the Beck Building opened. The final addition to the College was in 1970 when the Regis Building was purchased.

The Vaughan Building: This beautiful edifice formed part of the site purchased by Bishop Vaughan in 1877. The building was constructed in three stages and formed a symmetrical Florentine Palazzo. The South Wing of the building was finished in 1880. There was a plan for a Northern Wing but it was never built (although a foundation stone was laid in 1924). It is named after Cardinal Herbert Vaughan whose bust can be found in the entrance to the Academic Hall.

The Lodge: The College purchased a Victorian Villa, known as Hampton Grange, in 1877. The building became known as the Lodge and was the official residence of the Bishop of Salford for much of the late 19th and early 20th centuries. The Lodge then became a home for staff members before

housing the school uniform shop. It is now primarily presided over by Mr Prince, our I.T. technician.

The Joseph Building: The building was constructed in 1878 and was originally the convent of the Franciscan Missionaries of St Joseph. The convent contained a chapel, dormitories and day rooms for the resident community of more than a dozen Sisters. When the nuns departed, the building was converted into the home of the Mathematics department, and now houses our MFL students and staff.

The Gonne Building: Bridging the Academic Hall and the covered playground, this building opened in

1939. Designed by Harold Greenhalgh, it was named after the College Rector Monsignor Francis Gonne who tragically drowned in 1939 whilst swimming off Blackpool in stormy weather.

The Henshaw Building: Also designed by Harold Greenhalgh, the Henshaw building officially opened in June 1934. It replaced a number of Victorian villas which formed part of the original Vaughan building. It was named in 1957 in honour of Bishop Thomas Henshaw who was Vice Rector of the College from 1905 to 1912 and Bishop of Salford from 1925 to 1938. There is a statue of Bishop Henshaw in the College Chapel.

The Beck Building: Designed by Bedian Frank Reynolds, the Beck was opened in 1957. It is named in honour of Bishop George Andrew Beck. A portrait of Bishop Beck can be viewed in the College's main Dining Room.

The Regis Building: The Regis was purchased by the College in 1973 but was only used for educational purposes from 1983. It was built in 1910 as a residential retreat and was part of the Cenacle Convent, where groups of inner city children could attend week long spiritual retreats. The building is named after Saint John Francis Regis, a seventeenth-century Jesuit Priest.



A Visit from Jonathan Fogerty

By Frankie I.

On 30th April, the Lower Sixth students had the privilege of welcoming Mr Fogerty to the College.

After sustaining a spinal cord injury as a boy, Mr Fogerty was rehabilitated at the Southport Spinal Injuries Centre and went on to complete a law degree and enter the profession as an associate solicitor. He now advocates for those living with disability and delivers a wide range of training courses on disability and equality, contributing to many organisations, one of those being the Spinal Injuries Association (SIA). The Lower Sixth pupils were able to hear Mr Fogerty talk about his experience first hand and how he has worked closely with the SIA over the years, sharing his story, spreading awareness surrounding the

intricacies of living with a disability, and informing teenagers about how to prevent injuring themselves to the point of irreparable damage.

He began the presentation by gauging the general level of understanding in the room when it came to injuries of the spine, and more specifically the spinal cord. He then went on to note that injuries of the spinal cord are of supreme significance as it's the backbone of the nervous system. Any tampering with such a delicate piece of biology can have extreme effects on the rest of the body, typically resulting in paralysis which cannot be cured.

Explaining how he injured himself, he described a scenario in which he dived into the shallow end of his school's swimming pool, which had

recently undergone some changes. He hit his head on the floor of the pool and broke his neck at C5/6, instantly rendering him paralysed. When his friend noticed his inability to swim, he immediately flipped him over so that he could breathe. He was then taken to hospital where his long road to rehabilitation started.

This led into a discussion as to which activities put us young people at risk of spinal cord injury. As a group, we were able to acknowledge that certain sports like rugby or horseback riding, as well as learning to drive or driving irresponsibly could easily put us in harm's way. Mr Fogerty's aim was not to discourage us from taking part in such endeavours, but to remain mindful of the risks and think about ways that we can minimise



the probability of experiencing such trauma. It made us carefully consider the importance of wearing a seatbelt or helmet and listening to the referee or responsible adults.

It was fascinating to hear Mr Fogerty explain what it is like living with a disability and how he has made areas of his home and everyday life more accessible. He also went on to discuss how we could make prioritising accessibility for those with similar disabilities the norm. The students were all impressed by the level of perseverance shown by Mr Fogerty and his ability to still take part in activities which are tailored for the more able-bodied, for example, skiing, a task that he takes part in regularly with the use of modified gear and help of a trainer. He shared images of his car which

has altered controls to allow him to drive independently, and of his house where he has customised certain items of furniture and installed a lift so that his wheelchair is available to him in all areas of his home.

Overall, Mr Fogerty's visit captured the attention of the students and most certainly achieved the aim of ensuring we were more informed about spinal cord injury, and injury as a whole, along with what we can do to prevent it. It also ensured that all students are conscious of the experiences people living with a disability have to go through day to day, and how the simple thought of how we can modify certain settings to better accommodate them can make all the difference moving forward.



Interesting Talks and Appetising Food: The Scholars' Dinner

By Maciej W.

5th March: the lights go dark and the stage is set. It's time for the long awaited St. Bede's Scholars' Dinner.

The evening started off with a friendly opening session of welcome drinks, where students were able to mingle with the guest speakers before their talks and introduce themselves personally - an intrinsically valuable skill which can be utilised in any networking setting to secure useful connections. After personally conversing with the speakers, it was time for the talks. The rota for this year's Scholars' Dinner was as superb as expected, consisting of:



Prof. Margaret Kingston

A Consultant Physician at Manchester Royal Infirmary, Prof. Kingston's story began with a previously undiscovered passion for biology and how this led her to her current position - overlooking patients with complex infections and injuries, and deciding optimal treatments. Her experience and insight into training programmes for medical students was very valuable to our aspiring medics and gave them a summary of the reality of studying Medicine.

Prof. Joe Rafferty CBE

A holder of a PhD in molecular genetics, Prof. Rafferty told a story of an academic journey filled with disappointments and successes. He explained how his life was smooth sailing up to his GCSEs, which he scored very highly in. He went on to explain how he became more complacent than he should have been during his A level studies. Fortunately, Mr Rafferty worked overtime to make his complacency turn in on itself, and now he holds both knowledge and important positions, as the CEO of the Merseyside NHS Trust and a foundation member of Zero Suicide Alliance.



Mr Ian Gillis

Non-executive director of GB Taekwondo, Mr Gillis delivered a talk aimed at all the aspiring lawyers and business owners. He spoke of the factors which one must take into account when considering a future career path, and the point on which he placed the most emphasis was to pick a career you enjoy. Considering you tend to spend most of your time working (and occasionally taking down people Taekwondo style!), it is imperative for your work to be enjoyable and something that you look forward to doing.

Mrs Laura Rodriguez

A loyal employee of Curtins as a senior structural engineer, Mrs Rodriguez talked us through all the projects she has worked on with different teams. Many of these projects are clearly visible in Manchester, and include areas such as the confusingly named 'Circle Square'. Mrs Rodriguez also discussed the challenges faced by women in male-dominated sectors such as engineering, and the changing standards which will hopefully improve fairness for all our budding scientists, regardless of gender. She emphasised the point that nobody can be denied access to the discipline of engineering if they approach it with passion.



Overall, the evening was useful to both the Upper Fifth and Lower Sixth students present and the speakers provided endless insight into careers which require both commitment and hard work. The students are coming to the point in their lives where they must make decisions regarding their career, and it was useful to have access to knowledge and reassurance from the experienced speakers. It was also a showcase of the capability of the St. Bede's kitchen staff - the delicious food left a lasting impression on our guest speakers and students alike. Stomachs were certainly not left empty that night!



A Week in my Dream Job

By Lamie C.



For as long as I can remember, being a vet has always been the only thing I have wanted to do. I have always had a passion for animals.

Growing up in Hong Kong, a large and busy city, my interactions with animals were primarily limited to pets and occasional visits to urban animal shelters. The city's fast-paced environment is vastly different from the tranquil and calm English countryside, which made my work experience at Willows Farm Vets particularly enlightening and refreshing.

During my work experience, I was fortunate to gain firsthand experience, which provided valuable insights into the farm side of veterinary medicine. On my first day, I arrived at the office in the morning, and soon enough one of the vets received a call and we headed to a farm. I was lucky enough to be able to assist with pregnancy scans on dairy cows. I learned how vets play an important role in ensuring that the cows are in the best condition to maintain their health and productivity. By monitoring the health of the cows, vets help farmers to maximise their profit through improved herd fertility and milk production, which in turn supports the economic stability of farms. Having never encountered farm animals this close up, it was very rewarding to see the farm side of veterinary medicine.



Another valuable experience I had was at the Royal Cheshire Show. This event featured a wide variety of animals, including cows, pigs, sheep, alpacas, and even owls, showcasing the diversity of farm and domestic animals. While assisting the Willows Farm Vets with hospitality and emergency aid, I had the opportunity to explore the show's various competitions and exhibitions, which were both educational and entertaining. This work experience not only expanded my knowledge of veterinary medicine but also reinforced my commitment to pursuing a career as a vet.



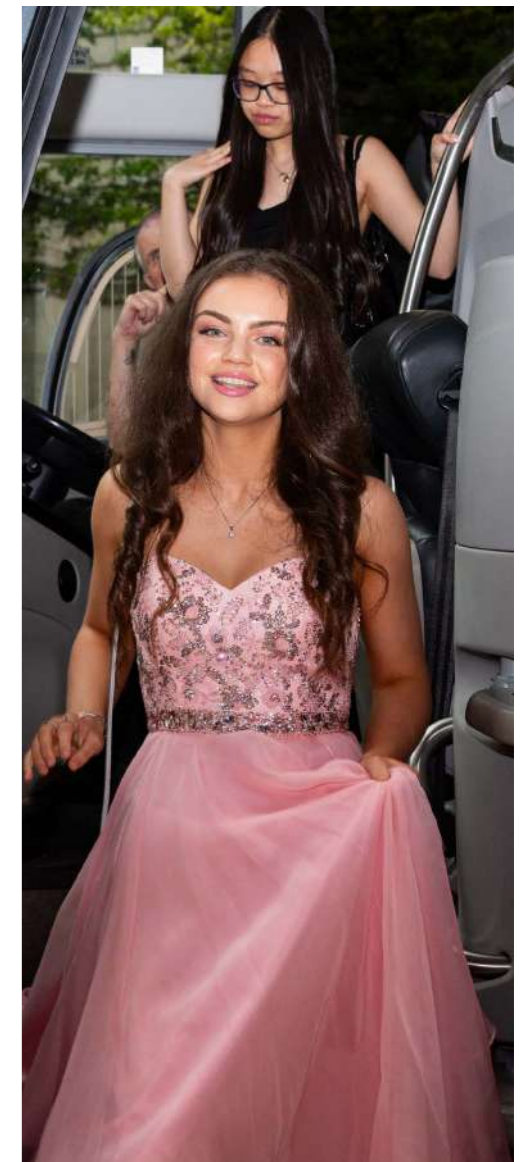
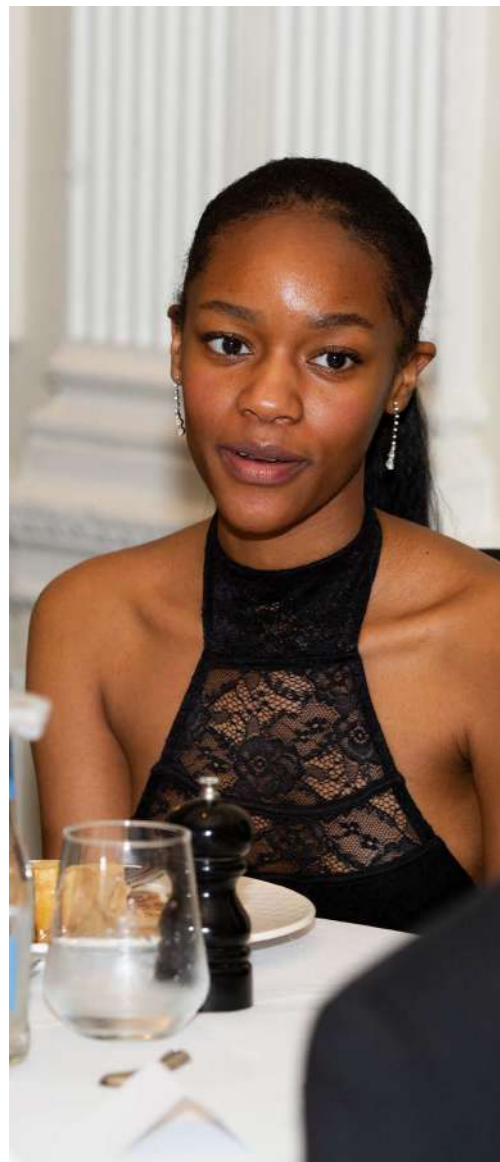
Glittering Gala: Sixth Form Ball Lights up the Midland Hotel

By Dr. A McMonagle

A wonderful time was had by all at the Sixth Form Ball on June 29th.

Following Upper Sixth Prizegiving on Thursday, Saturday night at the Midland Hotel was a fabulous celebration of all of our students' time in the Sixth Form, and a lovely opportunity to say goodbye before they start their exciting journeys. Huge thanks to those students who helped to arrange the Ball, including Erin, Katie, Deli and Charlotte. The student awards were a very amusing moment of the night, when the Upper Sixth voted for winners of prizes such as 'Best Bromance', 'Most likely to be famous' and 'Worst Driver'. Students and teachers loved dancing the night away. The atmosphere was one of fun, good humour and respect; I felt so proud of how the students conducted themselves and it was really heartwarming to see so many of them shaking their teachers' hands and thanking them at the end of the night.







Summer Trivia!

Q1: Which fruit is known as the "king of fruits" and is a tropical favourite often enjoyed during the summer months?

- Watermelon
- Mango
- Pineapple
- Papaya

Q2: What is the name of the largest species of turtle, which is known for nesting on sandy beaches during the summer?

- Green sea turtle
- Loggerhead turtle
- Leatherback turtle
- Hawksbill turtle

Q3: Which popular summer activity involves jumping into water from a raised platform or cliff?

- Scuba diving
- Jet skiing
- Cliff jumping
- Parasailing

Q4: What is the name of the small, colourful fish often seen darting around coral reefs in tropical waters during the summer?

- Clownfish
- Angelfish
- Seahorse
- Pufferfish

Q5: In which summer Olympic sport do athletes compete in events such as the 100-metre dash and long jump?

- Swimming
- Gymnastics
- Track and field
- Tennis

Q6: Which frozen dessert consists of layers of ice cream, flavoured syrups, and crushed cookies or biscuits, often enjoyed during hot summer days?

- Ice cream sandwich
- Sundae
- Snow cone
- Ice cream cake

Q7: What is the name of the giant inflatable object often found at beaches and water parks, on which people can bounce and slide into pools?

- Water slide
- Bouncy castle
- Trampoline
- Water trampoline

Q8: Which famous American holiday marks the unofficial start of summer and is celebrated with barbecues, fireworks and outdoor gatherings?

- Christmas
- Thanksgiving
- Independence Day
- Memorial Day

Q9: What is the name of the popular summer camp activity where participants create various crafts using beads and strings?

- Tie-dye
- Pottery
- Jewellery making
- Origami

Q10: Which summer fruit is often used as a main ingredient in a classic dessert "strawberry shortcake"?

- Blueberries
- Raspberries
- Blackberries
- Strawberries



