

# St Bede's Catholic Academy Parents' Newsletter

Friday 24th November 2023

Issue 9



## Room 21 Big Band - Charity Launch Evening

Last week we welcomed the Room 21 Big Band into school to launch the new Manning House charity: Cherry Tree House Care Home. It was lovely to be joined by some of their residents as well as St Bede's staff, students, parents and supporters. Our very own Mrs Beuzelin featured on Baritone Sax! We raised an amazing £360 which will go towards something of the residents choice. Thank you for everyone that donated and also attended, a great evening was had by all.

## Christmas Dinner Tuesday 19th December

Christmas Dinner will be on Tuesday 19th December, on this day we will be offering a meat or vegetarian option, there will be no other food options available in the canteen that day and the canteen will be closed at break time so if your child does not wish to have a Christmas Dinner they will be required to bring in a packed lunch/snacks for break. Students not having a Christmas Dinner will still be part of the day and able to sit with friends who have opted for the dinner.

The cost of the school lunch will be £2.60, if your child is Free School Meals it will be provided free of charge.

So we can place the order for the food if your child wishes to have Christmas Dinner please can you access ParentPay and pay for this under the item called 'Christmas Dinner 2023' payment must be made using this item, we are unable to take payment from the current School Dinner option on Parentpay.

If your child is Free School meals we still require you to let us know if they want this, please access ParentPay select the option 'FSM Christmas Dinner 2023' and place your order, a packed lunch option will be available for your child if required. There is no requirement for you to pay.

**All payments and orders must be made by Monday 4th December** so we are able to order the correct amount of food, we are unable to accept orders after this date.

If you have any queries please do not hesitate to contact the school.

## Diary Dates

Wednesday 6th December  
North Lincs Cross Country -  
Central Park

Monday 11th December  
Carol Singing Lindsey Lodge  
Hospice

Wednesday 13th December  
Medical Mavericks Yr 10

Friday 15th December  
OAP Christmas Dinner

Tuesday 19th December  
Christmas Dinner

Wednesday 20th December  
Carols by Candlelight

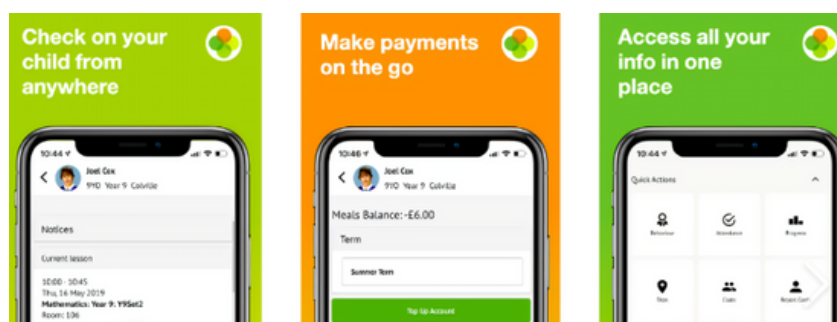
Thursday 21st December  
Whole School Mass  
Last Day of Term

Friday 22nd December  
School Closed for Christmas

Monday 8th January  
Students Return to School

## Arbor App - Urgent Messages

All messages to parents will now be sent via the Arbor app, this includes messages regarding detentions



## Food Technology, KS3 Year 7-9, Mrs Ryan

Please note the following information which may be of help:

- Year 7-9 are issued with an A4 sized booklet with all the recipes, methods and homeworks included.
- Year 7-9 are also issued with a duplicate list of ingredients – one glued into their planner and the other to be kept at home – this list is the order in which they will be cooking the recipes.
- This list is also displayed outside the Food Technology class room.
- Vital every lesson is: a suitable, container eg:- take-away tubs, empty sweet tubs etc. to take home cooked produce.
- Savoury recipes are maximum 2 portions only.
- You may adapt and include alternatives to these recipes to suit your tastes – students are encouraged to check the fridge and cupboards before buying.
- Apron - optional
- Cooking days: 7Q- Tues, 7P – Thurs,  
8P- Monday. 8Q -Wed,  
9P Tues and 9Q Wed – your child will know which class they are in.

All of this information has been communicated to your child including the fact that organisation skills are part of this course and that ultimately it is their responsibility to ensure that they are prepared in advance.

Mrs Ryan

## The Forge Appeal

Wiseman house have organised for St Bedes students and the community to support with The Forge Appeal Scunthorpe. The Forge appeal is a local charity that offer support to people who are homeless or at risk of homelessness. As a school, we are going to support the appeal on the run up to Christmas. We are asking for donations of toiletries, examples could include: Hairbrushes/combs, shower gels, ladies/men's deodorant, shampoo and conditioner.

All donations will need to be handed in to your child's tutor no later than Thursday 14th December 2023. Thank you for your support.

Mr Iggleden

## School crossing patrol

Unfortunately there will not be a patrol on Collum Avenue near the roundabout until further notice. Please remind students to cross in a safe place.

## Library

If you are having clear out of your bookshelves in the run up to Christmas please consider bringing any books which are in good condition to St Bedes to be donated to our library. We would also love any games you may no longer need such as card games, top trumps and connect 4 for our students to use in our games corner.

## Urgent – New Communication Portal

In September we have moved over to a new system called Arbor, this system has replaced ParentPay for all communication. ParentPay is still in place for taking payments, we intend to move this part of ParentPay over early next year. In addition to this Arbor can be used for the booking of parents evening appointments, as year 8 parents evening is approaching it is imperative that all Year 8 parents have access to this to allow you to make appointments.

Since September you should have received a Welcome to Arbor email asking you to download the app and set up the system, once you have access please can I ask you to check your email addresses, contact telephone numbers etc in Arbor and make any necessary amendments, this will allow you to receive messages through this portal.

If you have not already set up Arbor please can I ask you to do this as soon as possible, if you do not believe you have received this Welcome email please contact school, please can I ask you to check your spam first as I know many parents have received it into there.

## Young Carers

<https://www.youngminds.org.uk/young-person/coping-with-life/young-carers/>

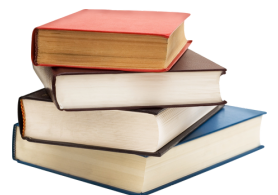
## Safeguarding

Unhealthy pre-teen and teenage body image is directly related to low self-esteem, which can lead to anxiety, anger and low mood. Young people who are feeling down are more likely to focus on the negative messages around them and make negative comparisons between their bodies and what they see as 'ideal' bodies.

The following link takes you to the mental health foundation website to give further information regarding body image

<https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary/body-image-childhood>

Please contact the safeguarding team at ST Bede's if you require support for your young person.



## Reading tips for parents

Make sure they see you reading, even if you don't enjoy stories.

You can't force your child to read, but you can set an example by creating a reading culture at home. If your child sees you reading, then that lets them know that you find reading enjoyable and worthwhile. It's not guaranteed to get them reading, but it certainly sends out the right message. And if you're reading something you think your child might like, leave it lying around so they can see it: autobiographies are always good for piquing curiosity, especially if fiction isn't of interest to you. It's always worthwhile to see the world from someone else's point of view.