

St Bede's Catholic Academy Parents' Newsletter

Friday 2nd February 2024
Issue 17



Year 11 Mock Interview Day

This week saw our Year 11's take part in our Mock Interview day. We welcomed lots of local employers into the school, some of whom previously attended St Bede's. Our students had a fantastic morning and gained valuable skills that they can use after school in real job interviews. We have found these mock interviews boost confidence, our panel interviews give feedback and help identify areas that our students can work on allowing students to work on their techniques. We would like to extend our thanks to the The Cookie People, the CEC, John Leggott College, Rockscape Energy, Active Humber, SSE and The RAF. If you are an employer and you would like to get involved in future events with the school please contact Ms Taylor our Careers & Exams Officer.



Diary Dates

2024

Friday 9th February
School closed for half term

Monday 19th February
School reopens

Tuesday 20th February
Yr 9 Vaccinations

Thursday 22nd February
Yr 8 Day of Reflection

W/C 26th Feb
GCSE Oral exams

Thursday 29th Feb
GCSE Drama performance exam

Monday 4th March
National Careers Week

Tuesday 5th March
Yr 9 Consultation

Friday 8th March
Girls Games Day

Monday 11th March
Yr 11 English & Maths
mock exams

Wednesday 13th March
Yr10 Day of Reflection

Thursday 14th March
Yr 9 options
With Me in Mind Sleep Corridor
Workshop

Closure of Parentpay

During the half term our cashless system will be moving over to Arbor, therefore when we return in order to top up dinners or pay for trips you will only be able to do this through Arbor. If you have not already set up the Arbor app please can you do so as soon as possible as you will no longer be able to access your account in Parentpay.

What are Cadets?

Young people aged 10-17 can join one of our Cadet units, which operate across England. Units meet once a week.

Life saving skills are at the heart of our Cadet programme. There is also the opportunity to use these first aid skills by supporting our adult volunteers at events.

Cadets are given the opportunity to work towards their Grand Prior's Award. As part of the Award, you will be able to take part in a wide range of activities.

What will I learn?

Many Cadets join St John Ambulance to gain relevant experience before pursuing a career as a paramedic or health care professional. With so many different activities to get involved with, there is something for everyone.

Some of these include:

- learning first aid and volunteering at events
- engaging in social action and helping your local community
- learning about health and wellbeing
- developing your confidence and communication skills through our Cadet leadership courses
- becoming a Peer Educator and helping to teach others first aid
- enjoying a wide range of adventurous activities on a residential summer camp.

For more information follow the below link

<https://www.sja.org.uk/get-involved/young-people/cadets-ages-10-17/>

Year 11 Mock Speaking Exams

All students in Y11 who are studying a Language please note:

Speaking Mocks are week commencing 26.02.24 (2nd week back after half-term).

Students will be issued with an individual exam time by their teacher.

It is important that students are revising regularly for this exam using the speaking exam pack which they have had at least since the start of Year 10 and which they have been using in class.

This is the final dress rehearsal before the real speaking exams which are scheduled for week commencing 22.04.24.

Safeguarding

Dear parents and carers,

Being the parent of a child with mental health problems is tough. It's a wound that causes pain for a very long time, as many mental health issues are long-term. The feelings of guilt and failure swamp your mind and emotions spill over, but at the same time you need to be calm and consistent. It can make you sensitive and volatile at a time you need to be more robust.

The following link takes you to The Young minds website for further advice on how to look after your own mental health while supporting your child

<https://www.youngminds.org.uk/parent/blog/looking-after-yourself-as-a-parent/>

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





ST BEDE'S READS

Winner of the Children's Non-fiction Book of the Year in the British Book Awards 2023

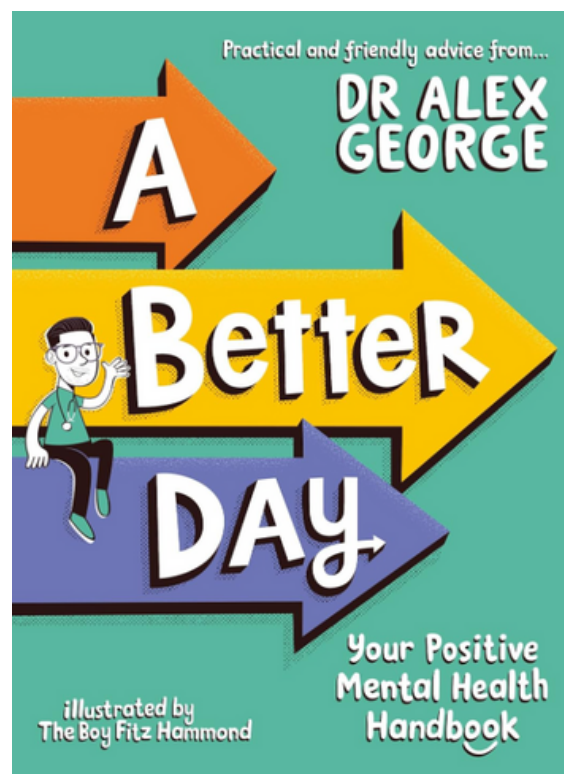
What if we could think of mental health in a positive way? Sweep away the rain clouds. Talk about what's on our minds. And care for our mental health in the same way we look after our bodies. In this empowering and hopeful handbook, Youth Mental Health Ambassador Dr Alex George is here to show children how.

A Better Day is a positive, accessible and practical toolkit guiding young readers in how they can care for their mental health with confidence.

From peer pressure and exam stress to online trolls and anxiety, life is full of ups and downs. But there are ways we can stay on top of our mental health - including overcoming stigma, talking about our feelings, developing resilience and switching our mindset.

This book provides all the scaffolding and practical techniques, so readers can look towards their future with optimism and positivity. Because no matter what, there is always hope for a better day.

A Sunday Times Number One Bestseller



CALLING CATHOLIC TEACHERS

Do you know somebody who is a practising Catholic and who is a teacher or senior leader working in a school outside of the Catholic sector? The Diocese of Nottingham along with the Catholic Multi-Academy Trusts is leading a virtual information session about working in a Catholic school on Monday 4 March from 7.00pm – 8.00pm.

For further information, please contact: Julie Sweeney at the Diocesan Education Service (julie.sweeney@nottingham-des.org.uk).

RSE Policy

Please find attached the RSE policy that is due for renewal in January 2024. We would like to consult with parents at this time on the subject of RSE and would welcome feedback via the below form.

https://forms.office.com/Pages/ResponsePage.aspx?id=ImHqYCKGbkyT6kPA3x-vZnpOyM_DyZJs8A8jrShma5UQTBORkc5M0xNQldaUUJaOUNFWFBSSkiYMC4u

NL Family e-newsletter

Please see the following link to the latest edition of the NL Family e-newsletter that went out last week - <https://content.govdelivery.com/accounts/UKNOLC/bulletins/386dd01>

Year 9 students

Dear Parent/Guardian

Your child in YEAR 9 is due to receive the DTP (Diphtheria, Tetanus, Polio) and MENINGITIS ACWY vaccinations this year. Please go to <https://humber.schoolvaccination.uk/dtp/2023/lincolnshireand> and complete a consent form online, please do this as soon as possible.

If you do not wish to consent to your child having the vaccinations, then please complete a formal NO consent via the same link.

Information about the vaccines can be found on the following websites:

www.schoolvaccination.uk

<https://assets.publishing.service.gov.uk/media/6405e7ae8fa8f527fb67cb6a/UKHSA-12287-immunisations-young-people.pdf>

<https://www.gov.uk/government/publications/hpv-vaccine-vaccination-guide-leaflet>

<https://www.gov.uk/government/publications/immunisations-for-young-people>

The Benefits of Graphic Novels for Kids

Introduction: Graphic novels are a dynamic tool for nurturing a love of reading in children, and are a valuable addition to your child's literary journey, especially if traditional books seem challenging to engage with.

1. **Visual Literacy Boost:** The combination of images and text enhances visual literacy, aiding children in interpreting information presented in diverse formats.
2. **Improved Comprehension:** Visual elements support the narrative, deepening understanding and improving overall reading comprehension.
3. **Reluctant Reader Appeal:** Accessible and visually engaging, graphic novels provide an inviting entry point for reluctant readers, transforming reading into an enjoyable experience.
4. **Sparking Creativity:** Vibrant illustrations and imaginative storytelling ignite creativity, encouraging kids to visualize and think beyond the page.
5. **Teaching Visual Sequencing:** The use of panels in graphic novels helps children understand the sequence of events, a skill crucial for comprehension and problem-solving.
6. **Diverse Themes and Genres:** Covering a broad spectrum, graphic novels expose children to various themes, genres, and perspectives.

If your child is struggling to engage with traditional books, introducing graphic novels into their reading routine can not only enhance literacy skills but also nurture creativity and instill a lasting passion for storytelling.

Here's a list of graphic novels that are known for their accessibility and appeal to teenagers:

1. "Smile" by Raina Telgemeier
 - o A memoir-style graphic novel about a girl navigating through the challenges of adolescence, including braces, boys, and friendship.
2. "Persepolis" by Marjane Satrapi
 - o An autobiographical graphic novel depicting the author's childhood and early adult years in Iran during and after the Islamic Revolution.
3. "Amulet" series by Kazu Kibuishi
 - o A fantasy series that follows siblings as they explore a magical world filled with creatures and challenges. The engaging story and beautiful artwork make it a hit among teens.
4. "The Hate U Give" by Angie Thomas (Graphic Novel Adaptation)
 - o Based on the bestselling novel, this graphic adaptation addresses important issues like race, identity, and social justice.
5. "El Deafo" by Cece Bell
 - o A memoir in graphic novel format that tells the story of a girl who loses her hearing and her experiences with a powerful hearing aid.
6. "Seconds" by Bryan Lee O'Malley
 - o A standalone graphic novel from the creator of "Scott Pilgrim," "Seconds" combines humor and fantasy elements in a story about second chances.
7. "Ghosts" by Raina Telgemeier
 - o Another title by Telgemeier, this graphic novel explores themes of family, friendship, and cultural traditions in a charming and accessible way.
8. "Awkward" by Svetlana Chmakova
 - o A middle school graphic novel that deals with friendship, bullying, and self-discovery in a relatable and engaging manner.
9. "My Brother's Husband" by Gengoroh Tagame
 - o A heartfelt graphic novel about family, acceptance, and cultural differences, featuring a Canadian man visiting his deceased husband's family in Japan.
10. "Anne Frank's Diary: The Graphic Adaptation" by Ari Folman and David Polonsky
 - o A graphic adaptation of Anne Frank's diary, making the powerful and important story more accessible to young readers.

These graphic novels cover a range of genres and themes, providing options that can appeal to various interests and preferences among reluctant teenage readers.