

St Bede's Catholic Academy Parents' Newsletter

Thursday 8th February 2024
Issue 18



SCHOOLS OUT!

Humberside Schools KS3 Badminton Championship

On Tuesday, four of our Year 9 students took part in the Humberside Schools KS3 Badminton Championship over in Hull, this is a fantastic achievement as they finished second against schools from Hull, Grimsby and the East Riding. They were a credit to the school in every way.



Closure of ParentPay

During the half term ParentPay will close to all parents and payments for school lunches/trips etc will need to be paid using the Arbor app. If you have still not set this up please do so as soon as possible. All credit/debit balances in Parentpay will be moved over to Arbor. From 8th February please make all payments using Arbor.

Diary Dates

2024

Thursday 8th February
Last day of term

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

Food Technology, KS3 Year 7-9, Mrs Ryan

Please note the following information which may be of help:



From the first lesson:

- 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.
- Vital every lesson is: a suitable container labelled eg:- take-away tubs, empty sweet tubs etc. to take home cooked produce.
- Savoury recipes are a maximum of 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. They are encouraged to inform/remind home of the requirements for the following week – I reiterate it is part of the course that they are responsible for all aspects of the Food Technology course.

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. The list is also displayed outside the Food Technology classroom and we ask that pupils do not ask reception to contact parents regarding their ingredients.

Mrs Ryan.
KS3 FOOD TECHNOLOGY.



Bake Sale



A big thank you to all parents and students who brought in delicious cakes to sell for our Year 11 bake sale. We raised a huge £190 which is going towards Prom '24. Next term we will be doing lots of fundraising events including a raffle, if you would like to donate a raffle prize these would be very gratefully received.

Lourdes Pilgrimage

We are thrilled to say that we are going to be part of the Lourdes Pilgrimage this year. Fr Simon Gillespie, secretary to Bishop Patrick, sent out details this week confirming the schedule as outlined below:

- Outbound departure - Saturday 13th July, Nottingham, 2pm ish, by coach
- Arrival - Sunday 14th July, Lourdes, 12 noon ish
- The main part of the Diocesan Pilgrimage will arrive at about 1.30pm on Monday 15th July
- Accommodation - Hotel Mediterranee, Lourdes
- Cost - £649 (excluding insurance, including two polo shirts, prayer book, Robin Hood hat)
- Return departure - Friday 19th July, Lourdes, 12 noon ish, by coach
- Arrival - Saturday 20th July, Nottingham, 12 noon ish

This is open to year 10 and year 11 students this year, both Catholic and non-Catholic. We encourage as many students as possible to make this wonderful pilgrimage. Further details, including how we can fundraise and help support with the cost will be sent in due course.



Limitless Lego

Spring Half Term Holiday Lego activity session at Study United FC

www.eventbrite.co.uk

Limitless Lego

Here at Study United, Attis Arena, Glanford Park we are offering the below for children. If you could please share via your socials or websites, we would be grateful and wish you all a lovely half term break.

Limitless Lego Morning - Monday 12th February 10:00-12:00

<https://www.eventbrite.co.uk/e/limitless-lego-tickets-803892763897?aff=oddtcreator>

Limitless Lego Afternoon- Monday 12th February 13.00-15.00

<https://www.eventbrite.co.uk/e/limitless-lego-tickets-803892172127?aff=oddtcreator>

Sphero Morning- Tuesday 13th February 10-11:30

<https://www.eventbrite.co.uk/e/803934207857?aff=oddtcreator>

Sphero Afternoon Tuesday 13th February 12:30-14.00

<https://www.eventbrite.co.uk/e/803948901807?aff=oddtcreator>

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

Teen depression is a serious mental health problem that causes a persistent feeling of sadness and loss of interest in activities. It affects how your teenager thinks, feels and behaves, and it can cause emotional, functional and physical problems. Although depression can occur at any time in life, symptoms may be different between teens and adults.

The following link takes you to the NHS website for advice around signs of depression in children

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/children-depressed-signs/>

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

Childrens Mental Health Week

This week marks Children's Mental Health Awareness Week, running from Monday, February 5th, to Sunday, February 11th. The theme this year is 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

Public Health North Lincs have come together with local partners to provide this useful resource guide which provides signposting information to professionals, parents, children and young people on some of the services that are available locally and nationally that support children and young people with their Mental Health & Wellbeing.

Also, within this useful resource guide we have included details of training opportunities and parent workshops taking place. Please check out further details and help promote the local offer to your teams, wider partners and parents.

Free Trusted Adult training and resource guide for staff working with CYP across the Humber Region

Please see attached resources and free training links for professionals. Courses available include:

- Understanding CYP Mental Health – Half Day - (online and Face to Face)
- Practical Approaches to Supporting CYP Mental Health – Full Day - (Face to Face)
- The Role of a Trusted Adult – One Hour (Online)
- Understanding Adolescent Mental Health – Half Day – (online)
- Involving CYP facing Marginalisation and Barriers – Half Day – (online)

LiveWell is a one stop online information hub

More information on the local services can be found on LiveWell hub where people of all ages can find a wide range of organisations, services, support groups, community groups, events, activities and more to help them live their best life. [Live well in North Lincolnshire - LiveWell North Lincolnshire](#).

If any groups/ services have not registered on the hub please do so by registering as a service provider on OpenPlace Directory – the database which feeds LiveWell.

Please Visit [Register - LiveWell North Lincolnshire](#) and select 'Register on the directory' to begin





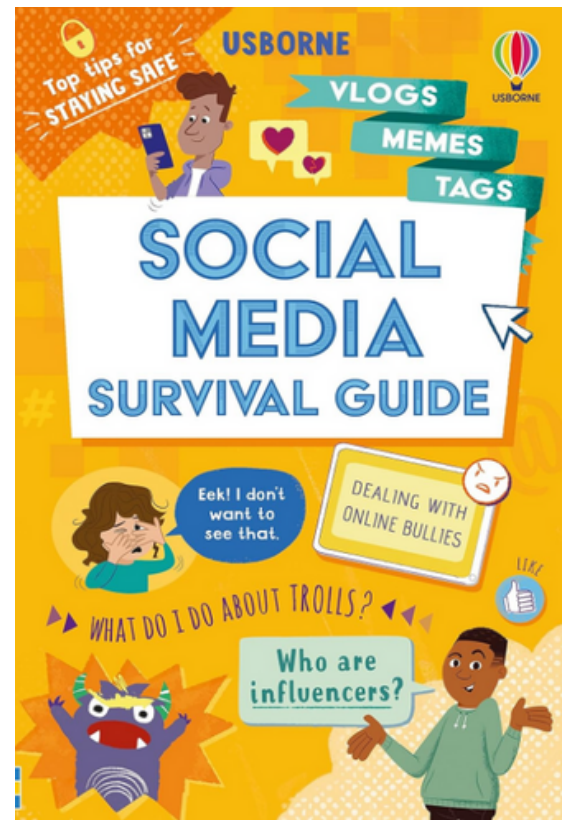
ST BEDE'S READS

Empower your kids to stay safe online with this fun, comprehensive guide for kids aged 10+.

Packed with entertaining illustrations alongside practical information, the Social Media Survival Guide answers questions about all aspects of social media - the good AND the bad - making it a must-have tool for young people (and parents) to help navigate the online world safely and confidently and learn the best approaches to taking care of themselves.

Content includes:

- In-depth coverage of a range of important and difficult issues young people face including: body image, appearance-enhancing filters, influencers, sexual content and mental health
- Uses recognisable themes rather than platform specifics, making the content relevant long-term
- Tips on how to set up accounts safely and best manage privacy and messaging settings
- Addressing your persona, online reputation, and relationships
- Understanding fake news and information
- How to handle online bullying, as well as avoiding trolls
- Also includes links to professionally approved websites with more advice and support
- Expert advice from children's online charity, Childnet International



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_DyZJs8A8jrShma5UQTBORkc5M0xNQldaUUJaOUNFWFBSSkLYMC4u

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/lincolnshire> 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>