

# St Bede's Catholic Academy Parents' Newsletter

Friday 22nd March 2024  
Issue 23



## Contacting school

As a school, we strive to maintain open communication channels with our parents, ensuring that any queries or concerns are addressed in a timely manner. We understand the importance of prompt responses to your inquiries and value your engagement with us.

However, we must acknowledge that despite our best efforts, there may be instances where we are unable to adhere to respond in the usual timeframe. Our teaching commitments, workload, and involvement in various meetings can occasionally lead to delays in our response times.

Additionally, we would like to emphasize the importance of scheduling appointments prior to visiting our reception. While we appreciate your willingness to engage with us directly, dropping in without an appointment makes it extremely challenging for us to accommodate your needs effectively. To ensure that we can provide you with the attention and support you deserve, we kindly request that you reach out to us beforehand to schedule a suitable time for a meeting or discussion.

Your understanding and cooperation in these matters are greatly appreciated. Should you have any urgent concerns or require immediate assistance, please do not hesitate to contact us directly via phone or email.

Thank you for your continued support as we work together to foster a positive learning environment for our students. Mr Hibbard

## School Vacancy - Cleaner

We are looking for a full-time cleaner to work Monday to Friday 3pm until 6.30pm. If you are interested please see

[Vacancies - Our Lady of Lourdes Catholic Multi-Academy Trust \(ololcatholicmat.co.uk\)](http://ololcatholicmat.co.uk)

## Non - Uniform Day

We are having a non uniform day on Tuesday 26th March, please pay £1 via Arbor.

## Diary Dates

2024

Friday 22nd March -  
Sunday 24th March  
Maths PGL

Monday 25th March  
GCSE Food exam  
Yr 7 & 8 reports

Tuesday 26th March  
GCSE Food Exam

Wednesday 27th March  
Whole School Mass

Thursday 28th March - 3.05pm  
School closed for Easter

Friday 29th March  
Good Friday - Bank Holiday  
School closed

Sunday 31st March  
Easter Sunday

Monday 15th April  
School reopen to students

Wednesday 17th  
& Thursday 18th March  
GCSE Art Exam

Friday 19th March  
GCSE PE Moderation

Thursday 25th March  
Yr 8 Magna Trip

## Parent governor election

I am writing to you to invite you to stand for election as a parent governor, or nominate another parent to do so. In our school we have provision for 2 parent governor and there is/are currently one vacancy. The term of office would be for four years.

Each Local Governing Body (LGB) of the 36 schools in the Our Lady of Lourdes Catholic Multi Academy Trust, of which our school is one, is a committee of the Trust Board and, as such, focuses on understanding how the school is being led and managed at the local level.

The LGB are the 'eyes and ears' of the Trust Board and have delegated responsibilities relating to strategy, oversight of Catholic Life and monitoring school improvement, whilst still remembering that the headteacher is responsible for the day to day running of the school.

The LGB also has responsibility for and a duty to the Bishop of Nottingham to ensure that the Catholic character of the school is preserved and developed.

No special qualifications are needed and the most important thing is to have a keen interest in the school and be prepared to play an active part in the Local Governing Body's work. Committee meetings are half termly, usually held on a Tuesday or Wednesday evening starting at 4:30pm.

Candidates at the time of appointment must be a parent, or an individual exercising parental responsibility, of a registered pupil at the school. If you would like to stand for election please complete the enclosed nomination form and return it to the school no later than Friday 19th April 2024. You should also include a short personal statement to support your nomination, which should be no longer than 250 words. Self-nominations will be accepted but if you are nominating another parent, please seek their prior consent.

If there are more nominations than vacancies, the election will be by secret ballot. If that is necessary, voting papers will be sent to all parents together with details of the ballot procedure.

Certain people will be ineligible to become a parent governor; the following summarises the circumstances under which someone cannot serve.

- Candidates will not be appointed if they are employed either on a permanent or temporary basis at the school
- Candidates will not be appointed if they are related to a person employed in a senior position at the school (senior position is defined as Executive Head, Head Teacher, Head of School or Deputy Head)
- Candidates will not normally be appointed if they are related to an existing governor of the school.
- Candidates related to a member of the clergy connected to the school would not be appointed.

Further ineligibility criteria would be if the candidate:

- is the subject of a bankruptcy restrictions order or an interim order, debt relief restrictions order, an interim debt relief restrictions order or their estate has been sequestrated and the sequestration has not been discharged, annulled or reduced is subject to a disqualification order or disqualification undertaking under the Company Directors Disqualification Act 1986, a disqualification order under Part 2 of the Companies (Northern Ireland) Order 1989, a disqualification undertaking accepted under the Company Directors Disqualification (Northern Ireland) Order 2002, or an order made under section 429(2)(b) of the Insolvency Act 1986 (failure to pay under county court administration order);
- has been removed from the office of charity trustee or trustee for a charity by the Charity Commission or Commissioners or High Court on grounds of any misconduct or mismanagement, or under section 34 of the Charities and Trustee Investment (Scotland) Act 2005 from being concerned in the management or control of any body;
- is included in the list of teachers or workers considered by the Secretary of State as unsuitable to work with children or young people;
- is barred from any regulated activity relating to children;
- is disqualified from working with children or from registering for childminding or providing day care;
- is disqualified from being an independent school proprietor, teacher or employee by the Secretary of State;
- has been sentenced to three months or more in prison (without the option of a fine) in the five years before becoming a governor or since becoming a governor;
- has received a prison sentence of two years or more in the 20 years before becoming a governor;
- has at any time received a prison sentence of five years or more;
- has been fined for causing a nuisance or disturbance on school premises during the five years prior to or since appointment or election as a governor;
- refuses a request by the clerk to make an application to the Disclosure and Barring Service (DBS) for a DBS Check.

If you have any queries or would like to find out more about the role, please contact Ms Farr on (01724) 245151.

## Consents in Arbor

We have recently requested the following consents from you in Arbor

- Authority to administer 1st Aid
- Photo consent

Acceptable Use ICT Policy (The policy has been emailed to all parents so you can read and then provide the consent)

If you have not yet consented/declined these in Arbor please can you access Arbor and complete as soon as possible.

## Arbor payments

When paying for school meals, trips or any other item on Arbor, please do not use the 'Adhoc Invoices' option. The 'Adhoc Invoices' account is not monitored so your payment will not be seen or used for what you have intended. If you believe you have paid accidentally into the Adhoc Invoices folder, please contact the school and a refund can be arranged. If you cannot find what you are looking to pay for on Arbor, please contact the school. Thank you.

## Lincolnshire Show Trip for Year 7

I wish to let you know about Lincolnshire Show Trip, which will be taking place on Thursday 20th June 2024. An action-packed day out for all, the Show offers an eclectic mix of shopping, horticulture, live music, equine and livestock classes, children's activities, local food and drinks, and breathtaking entertainment.

To book a place for this visit, please sign up via Arbor as soon as possible, paying the £25 at the time of booking. There are 140 of spaces available which are sold on a first come, first served basis and if the visit is not showing on Arbor, it has sold out. Signing up to the visit on Arbor provides your permission for students to attend.

## Charity Raffle

Newman House are raising money for their charity SPANNED ( Supporting people with additional needs in the Nottingham Diocese )We are selling raffle tickets at 50p a ticket or £1 a strip for a chance to win 1 of three wonderful hampers on display in Student services. Please allow your child to bring in some change to purchase tickets from our lovely students who will be selling tickets everyday for the next week. Our aim is to raise enough money to send 2 individuals to a retreat over Easter that will provide them with lifelong experiences.



*Menu - Week 1* w/c 04/03, 25/03, 29/4, 20/5, 17/6, 8/7

	monday	tuesday	wednesday	thursday	friday
Italian	Pepperoni Pizza ✓ Mascarpone Pasta	✓ Veggie Supreme Pizza Bolognese Pasta	✓ Spinach Calzone Spicy Chicken Pasta	✓ Hawaiian Pizza Carbonara Pasta	✓ Cheese & Tomato Pizza ✓ Veggie Bolognese Pasta
Mexican	Beef chilli pot & rice	✓ Macaroni cheese pot	Beef empanada	Chicken Fajita	✓ Vegan Mexican Chilli
Chicken	Chicken curry & rice pots	Hot wrap cajun	Breaded chicken burger	BBQ chicken wings	
Sides	✓ Lime dressed 'slaw	✓ Mixed salad	✓ House 'slaw	✓ Tangy mustard 'slaw	✓ Cheesy garlic bread
Panini & Jackets	✓ Cheese & Tomato Panini ✓ Jacket & Topping	✓ Jacket & Topping	Pepperoni Panini ✓ Jacket & Topping	✓ Jacket & Topping	✓ Cheese panini ✓ Jacket & Topping



## ST BEDE'S READS

'My name is August. I won't describe what I look like. Whatever you're thinking, it's probably worse.'

Auggie wants to be an ordinary ten-year-old. He does ordinary things - eating ice cream, playing on his Xbox. He feels ordinary - inside. But ordinary kids don't make other ordinary kids run away screaming in playgrounds. Ordinary kids aren't stared at wherever they go.

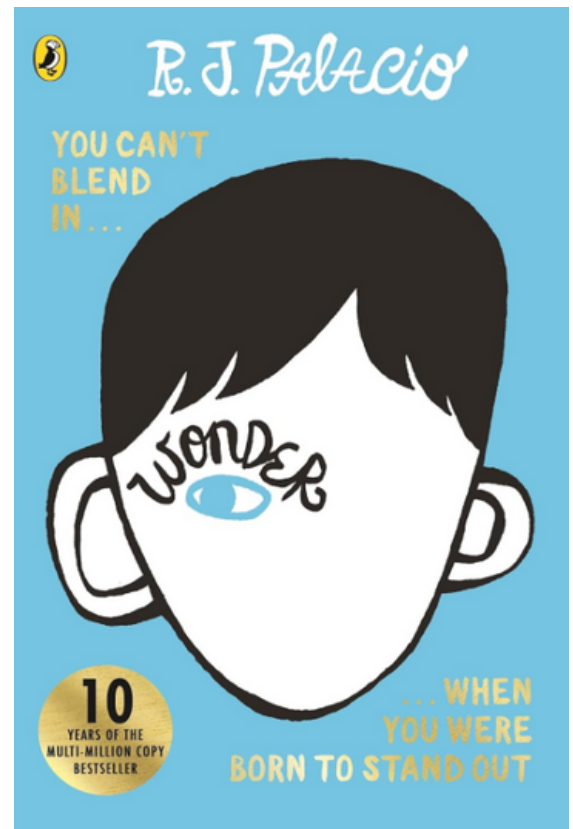
Born with a terrible facial abnormality, Auggie has been home-schooled by his parents his whole life. Now, for the first time, he's being sent to a real school - and he's dreading it. All he wants is to be accepted - but can he convince his new classmates that he's just like them, underneath it all?

A funny, frank, astonishingly moving debut - and a true global phenomenon - to read in one sitting, pass on to others, and remember long after the final page.

*'Has the power to move hearts and change minds' Guardian*

*'Tremendously uplifting and a novel of all-too-rare power' Sunday Express*

*'An amazing book . . . I absolutely loved it. I cried my eyes out' Tom Fletcher*



**An update from the Digital Leaders.** This week we will be focusing on the topic of healthy sleeping. Here are 7 top tips to promote healthy sleeping for yourself and your children:

1. Music - if you have trouble when getting to sleep, try listening to music, it will calm the mind allowing you to get more sleep. Slower music without lyrics is often the best!
2. Good Food - if you do not eat much healthy food, then try to. Nutrients are important for the human body to regulate all the processes it needs to do. By eating the correct nutrients, you are more likely to have better sleep! You could start trying to eat one apple every day.
3. Phones - phones can easily become a distraction before settling down to go to sleep. Studies show that people actually can become addicted to being on their phones before trying to sleep. Try to keep them out of your way when trying to go to sleep, try to switch them off an hour before you get in bed.
4. Books – instead of being on your phone try to read a book and have your mind lost in another world.
5. Consistent Bedtime Schedule - try to develop a healthy and consistent sleep schedule. A way you could do this is associate some actions with getting ready for bed, like brushing your teeth.
6. Mindful Tech Use - attempt to set up a balanced approach with screen time and minimise use of it before going to bed. Devices can leave the mind racing and can make you struggle to be able to sleep.
7. Hydration Habits - it's good to drink lots of water in the day but you should also limit it near times of sleep, so that you don't need the toilet.