

St Bede's Catholic Academy

Parents' Newsletter

Thursday 28th March 2024
Issue 24



Dear Father, by Your wondrous condescension of Loving-Kindness toward us, Your servants, You gave up Your Son. Dear Jesus You paid the debt of Adam for us to the Eternal Father by Your Blood poured forth in Loving-Kindness. You cleared away the darkness of sin by Your magnificent and radiant Resurrection.

As we approach the joyous occasion of Easter, I wanted to take a moment to extend my warmest wishes to you and your families. Easter is a time of renewal, hope, and the celebration of new beginnings, and it holds special significance for us at St Bede's being a Catholic school community.

This Easter, may you and your loved ones be surrounded by the blessings of faith, love, and joy. May the spirit of Easter fill your hearts with hope and your homes with peace as we reflect on the sacrifice and resurrection of our Lord, Jesus Christ.

As parents, you play an integral role in nurturing the faith and values that we uphold within our school community. Your unwavering support and dedication contribute greatly to the spiritual and academic growth of our students, and for that, we are profoundly grateful.

During this time of reflection and celebration, I encourage you to cherish the moments spent with family and friends, and to embrace the blessings that come with each new day. May the Easter holiday bring you renewed strength, happiness, and an abundance of blessings.

On behalf of the entire staff, I would like to wish you all the best for a very happy Easter holiday.

Mr Hibbard

Year 7 Lincolnshire Show

A polite reminder that the deadline for payments is Friday 5th April. This is first come first served. Thank you.

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)

Diary Dates

2024

Thursday 28th March - 3.05pm
School closed for Easter

Friday 29th March
Good Friday - Bank Holiday
School closed

Sunday 31st March
Easter Sunday

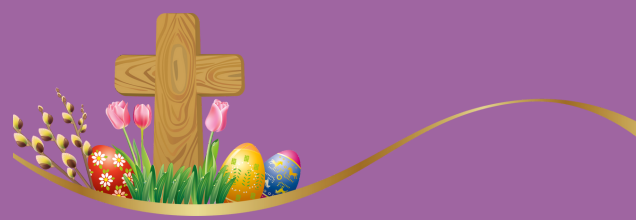
Monday 15th April
School reopen to students

Wednesday 17th
& Thursday 18th March
GCSE Art Exam

Friday 19th March
GCSE PE Moderation

Thursday 25th March
Yr 8 Magna Trip





This week in RSE, year 7 have covered the topic of FGM, female genital mutilation. It was taught sensitively and in line with government guidance and resources. Schools are ideally suited to raise awareness of FGM, but also to safeguard and support girls and young women. The government statutory guidance on Relationships and Sex Education, (RSE), makes it compulsory for secondary school to teach pupils about FGM and other harmful practices, including forced marriage and honour-based violence. . Please see some common FAQ.

How many women and girls are affected by FGM?

An estimated 200 million girls and women alive today are believed to have been subjected to FGM worldwide, but we could never know the true numbers because of how hidden it is

Which types of FGM are most common?

Types I and II are the most common, but there is variation amongst different communities.

Where does the practice come from?

We don't know for sure, but it does predate Christianity and Islam – it doesn't have anything to do with religion

Why would someone want to hurt girls?

The adults who do this often haven't FGM lessons like you are having and believe that it can prepare a girl for marriage, or it can keep a girl clean

Parents are there to protect girls but sometimes parents can have muddled thinking, and think it's the right thing to do, but it's very harmful

Is FGM illegal?

Yes – FGM is illegal in the UK. It is illegal to perform FGM on a girl in or outside the UK, it is illegal to organise FGM for a girl, and it is illegal to force a girl to do FGM on herself

Am I at risk of FGM?

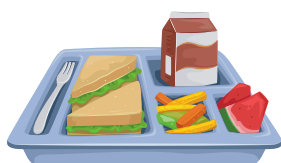
If something doesn't feel right for you, you should always speak to a trusted adult – sometimes a worry or concern can be a feeling in your tummy or sometimes in your head. It's always okay to speak to a teacher or another adult you trust – there is always someone there ready to help and support you.

What should I do if someone comes to me with a worry or concern?

You should always encourage and support them to speak to a trusted adult, and you can also share your concerns with a trusted adult too.

What can I do to end FGM?

There are lots of things you can do to help end FGM – and one of the main ones is to talk about it to raise awareness. More people need to know that the practice is harmful to bring it to an end.



Menu - Week 2 w/c 11/3, 15/4, 6/5, 3/6, 24/6, 15/7

	monday	tuesday	wednesday	thursday	friday
Italian	<ul style="list-style-type: none"> ✓ Margherita Pizza Carbonara Pasta 	<ul style="list-style-type: none"> BBQ Pepperoni Pizza ✓ Creamy tomato pasta 	<ul style="list-style-type: none"> Meat Feast Stromboli Spicy Chicken Pasta 	<ul style="list-style-type: none"> Smoky Ham & Mushroom Pizza ✓ Tomato & Herb Pasta 	<ul style="list-style-type: none"> ✓ Cheese & Tomato Pizza ✓ Mascarpone & Tomato Pasta
Mexican	<ul style="list-style-type: none"> Chicken Burrito 	<ul style="list-style-type: none"> ✓ Spicy Veggie & bean Burrito 	<ul style="list-style-type: none"> Beef Burger 	<ul style="list-style-type: none"> ✓ Macaroni cheese pots 	
Chicken	<ul style="list-style-type: none"> Tikka Wings 	<ul style="list-style-type: none"> Tandoori Marinated Thigh burger 	<ul style="list-style-type: none"> ✓ Cheesy Bean Wrap 	<ul style="list-style-type: none"> Mexican Chicken Wings 	<ul style="list-style-type: none"> ✓ Cauliflower Wings
Sides	<ul style="list-style-type: none"> ✓ BBQ Beans 	<ul style="list-style-type: none"> ✓ House 'slaw 	<ul style="list-style-type: none"> ✓ House salad 	<ul style="list-style-type: none"> ✓ Mexican 'slaw 	<ul style="list-style-type: none"> ✓ Paprika wedges
Panini & Jackets	<ul style="list-style-type: none"> ✓ Cheese & Tomato Panini ✓ Jacket & Topping 	<ul style="list-style-type: none"> ✓ Jacket & Topping 	<ul style="list-style-type: none"> ✓ BBQ Cheese Panini ✓ Jacket & Topping 	<ul style="list-style-type: none"> ✓ Jacket & Topping 	<ul style="list-style-type: none"> ✓ Cheese panini ✓ Jacket & Topping



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.

A dark blue graphic with a string of glowing white lights at the top. On either side, there are stylized yellow and grey shapes representing people's heads and shoulders. The text 'QUIZ NIGHT' is written in large, glowing white letters.

QUIZ NIGHT

THURSDAY
2ND MAY

St Bernadettes Hall

6pm – 8pm

Are you ready for a night of trivia and fun? Join us for our Pub Quiz Night! Gather your team and put your knowledge to the test with our entertaining and challenging quiz questions. We are raising funds to support a pilgrimage to Lourdes for our students



An update from the Digital Leaders. This week we will be focussing on the topic of having open conversations. Some parents and carers find that their child have recently shied away from wanting to talk or socialise with you. Here are our top tips to have open conversations with your children/dependents or having open conversation with anybody.

1. Create a safe space: Criticism or blaming can prevent children from feeling emotionally safe. Showing affection and positive attention can help your child feel a sense of security and can make them feel more comfortable to talk with you.
2. Respect their boundaries: If your child isn't ready to talk about something yet, respect their boundaries. They will feel more comfortable around you and may be more willing to talk to you.
3. Consider other outlets: Some children may find it easier to talk while taking part in another activity such as sport or drawing together. It gives you an opportunity to communicate while doing something side by side which may make them feel less pressure and feel as they're able to open on their own accord.
4. Honesty: Ask open questions and expect honest answers. This may be difficult at first but if you express honest answers to children, they may be more likely to reciprocate honest answers in return.
5. Listening: Allow children to speak and voice their opinions/thoughts on subjects. Try not to talk over children and give them time to finish. Try pausing for 3-5 seconds after children have stopped talking to see if they will add anything else. Try not to conduct 'aggressive questioning' to children, they will be more likely to close off and refuse to converse further.
6. Choose the right time: Allow children to have personal time. You may find that children are burnt out from socialising and working hard all day. It is common for children to be emotionally drained after a hard day at school.
7. Be respectful and manage your emotions: Even if you disagree, show respect for their opinions and feelings. Listen actively to what they're saying. Stay calm – avoid displaying emotions to avoid emotional escalations.

Thank you for reading! Please try our tips to having successful open conversations. Remember, it may take time to implement all of our top tips.



Congratulations to Imogen, Kimberley and Keeley from Year 7, who had their poems published in the Young Writers collection "Through their eyes."



**THROUGH
THEIR EYES**



ST BEDE'S READS

'Dive into an exciting and mysterious adventure full of fun-filled friendships, fantastical creatures and incredible investigations by the #1 bestselling author Marcus Rashford!

Inspired by Marcus's own experiences growing up, *The Breakfast Club Adventures: The Beast Beyond the Fence* is the first fiction book by England International footballer, child-poverty campaigner and bestselling author Marcus Rashford MBE.

Written with children's author Alex Falase-Koya it's packed with tons of illustrations by Marta Kissi, making it the perfect book for children aged 8-11.

There's something fishy going on at school . . .

When twelve-year-old Marcus kicks his favourite football over the school fence, he knows he's never getting it back. Nothing that goes over that wall ever comes back. But when Marcus gets a mysterious note inviting him to join the Breakfast Club Investigators, he is soon pulled into an exciting adventure with his new mates Stacey, Lise and Asim to find out what is lurking on the other side of the fence – and get his football back!

Don't miss the Breakfast Club Investigators next adventure in *The Breakfast Club Adventures: The Ghoul in the School!*

'Breakfast Club guaranteed I had the best possible start to my day and welcomed me with open arms. It wasn't just about food. It was about forming friendships, about togetherness, about escape. It was where some of my greatest memories were made. I want to capture that feeling in my debut fiction book.' - Marcus Rashford MBE

