

# St Bede's Catholic Academy

## Parents' Newsletter

Friday 3rd May 2024  
Issue 26



Good Luck!



### Year 11 Examinations

As the year 11 approach their exams I would just like to remind them of some regulations that we must adhere to.

All stationary must be in a clear pencil case, all students to have a calculator and basic equipment as we have limited stock to lend out. Drinks brought into the examination rooms must be water only, stored in a clear plastic bottle with a sports top (no label or writing on the bottle). All students must switch off their mobile phones and watches and either hand them in on entry into the examination room or secure them in their bag. Full school uniform must be worn for all exams.

We would like to wish all of our Year 11 students the very best of luck as they approach their GCSE examinations.

### Student dates - 2025/2026

Advent 1: Wednesday 3rd September – Friday 24th October (Wednesday 3rd September Y7 only)

Advent 2: Monday 3rd November – Friday 19th December

Lent 1: Monday 5th January – Thursday 12th February

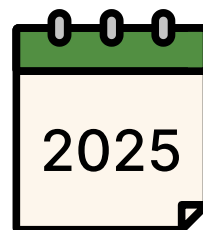
Lent 2: Monday 23rd February – Thursday 2nd April

Pentecost 1: Monday 20th April – Friday 22nd May

Pentecost 2: Monday 1st June – Friday 17th July

May day: Monday 4th May 2026

INSET day: Monday 8th December 2025



2024-25 is already on the school website, however a letter has been sent to all parents explaining some changes.



*"Our Scunthorpe United Reading Stars attended a session at Study United this week with a presentation by author and journalist Dan Freedman. Dan has worked with the England football team and had his successful Jamie Johnson novels adapted into a tv series by the BBC. During the Q&A session, Oliver from year 7 was chosen as having asked the best question and won a football signed by Dan!"*

## Diary Dates

2024

Monday 6th May  
May Day Bank Holiday

Thursday 9th May  
Ascension Thursday

Thursday 16th May  
With Me In Mind  
Self-Esteem Assembly

Friday 24th May  
Feast of St Bede Fayre  
3.05pm School Closed Half Term

Monday 3rd June  
Schools reopens for pupils

Tuesday 4th June  
North Linc Quad Kids  
Quibell Park  
Year 6 Parents Evening

W/C Monday 17th June  
Year 10 mock examinations

Year 8 - HPV

Your child in YEAR 8 is due to receive the HPV vaccination this year, the HPV vaccination is for both Girls and Boys. Since 2023 The HPV vaccination is now given in a single dose in year 8. Please go to [Vaccination UK Immunisation \(schoolvaccination.uk\)](https://www.schoolvaccination.uk) 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 vaccination, then please complete a NO consent via the same link. Information about the adolescent vaccines can be found on the following websites:  
[www.schoolvaccination.uk](https://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>

Study United

Study United students attended a rap workshop with rapper BREIS at Scunthorpe United Attis Arena where they learned about his journey to becoming a rapper, the history of rap, and the fundamental lessons it takes to write a good rap song.  
Listen to his songs on Spotify!  
<https://open.spotify.com/artist/3B49pigaQJOTnDQjesvCNz>



Safeguarding

Dear parent/carers  
We are wanting to make you aware of the legalities around carrying weapons and support you can be given if you have concerns.  
It's against the law to carry a weapon – like knives, guns or acid – even if it's meant for protection. If someone is found with a weapon they'll be arrested. The safest thing to do if there's a threat is to contact the police, not to carry weapons for self-defence.  
We recently held a virtual reality session with our year 10 students on the legalities around carrying weapons. The scenario-based session allowed students the option to make choices around carrying knives and the impacts of these choices.  
If you are worried about anyone carrying weapons this must be reported to the police.  
For further support and advice please visit the following site:  
<https://www.healthforteens.co.uk/relationships/exploitation/knife-crime-prevention/>



Menu - Week 2 w/c 11/3, 15/4, 4/5, 1/6, 29/6, 15/7

	monday	tuesday	wednesday	thursday	friday
Italian	✓ Margherita Pizza Carbonara Pasta	BBQ Pepperoni Pizza ✓ Creamy tomato pasta	Meat Feast Stranboli Spicy Chicken Pasta	Smoky Ham & Moolkronn Pizza ✓ Tomato & Herb Pasta	✓ Cheese & Tomato Pizza ✓ Mascarpone & Tomato Pasta
Mexican	Chicken Burrito	✓ Spicy Veggie & bean Burrito	Beef Burger	✓ Macaroni cheese pots	
Chicken	Tikka Wings	Tandoori Marinated Thigh burger	✓ Cheesy Bean Wrap	Mexican Chicken Wings	✓ Cauliflower Wings
Sides	✓ BBQ Beans	✓ House 'slow	✓ House salad	✓ Mexican 'slow	✓ Paprika wedges
Panini & Jackets	✓ Cheese & Tomato Panini ✓ Jacket & Topping	✓ Jacket & Topping	✓ BBQ Cheese Panini ✓ Jacket & Topping	✓ Jacket & Topping	✓ Cheese panini ✓ Jacket & Topping

**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 A5 sized booklet with all the recipes, methods and homeworks included.
- Year 7-9 are also issued with a duplicate list of ingredients and the order of cooking – note this may differ from the order in the booklet due to assemblies/PSCHE/holidays etc.
- Vital every lesson is: a suitable container labelled with name 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 – 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 organisational 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.

**Digital Leaders**

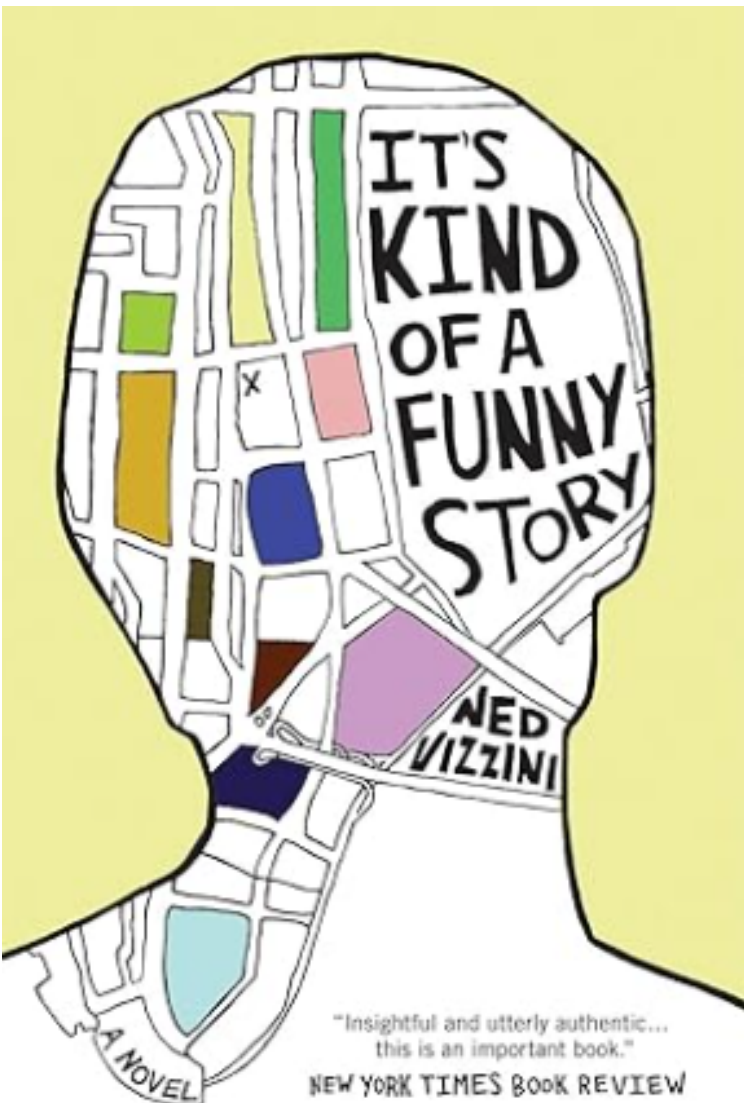
An update from the Digital Leaders. This week we will be focusing on the topic of managing exam stress. Year 11 are currently sitting their GCSE's, this inspired us into looking at how to best support students experiencing exam stress. Here are our top tips for managing exam stress for now or in the future:

1. Keep it fun – revising will be more enjoyable and run smoother if it is fun. Try to add some fun activities between studying hard!
- 2.Take creative notes – by making your revision notes colourful and more creative, it could lead to remembering information better!
- 3.Keep things neat – having an organised (and quiet) location to study will lead to having an organised mind; helping focus and improving emotional state!
- 4.Encourage a positive mindset – if you think negatively about revision, it is more likely to make you feel stressed. Ensuring positive discussion about students and revision in a positive manner will lead to a positive mindset. Remind yourself of all the things you can do already, as this has shown to motivate you into learning new, complex ideas!
- 5.Asking for help – remember, if students need support they may not ask friends, family and members of staff for help. If you feel you can help or want to help, ask if there is anything you can do to help.
- 6.Study buddies – studying with a friend or someone they know, might make it more memorable. You never know what someone can teach you and never know what you may be able to help them with.
7. Take breaks – taking breaks is important whilst studying to make sure you don't get overwhelmed. Having a 5minute break after 20minutes of studying, will encourage a positive mindset and to have more energy to study hard!





## ST BEDE'S READS



Like many ambitious New York City teenagers, Craig Gilner sees entry into Manhattan's Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life--which means getting into the right high school to get into the right college to get the right job--Craig studies night and day to ace the entrance exam, and does. That's when things start to get crazy.

"Intimate, real, funny, ironic...This book offers hope in a package that readers will find enticing.", Booklist

"Insightful and utterly authentic...this is an important book.", The New York Times Book Review

At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away. The stress becomes unbearable and Craig stops eating and sleeping--until, one night, he nearly kills himself.

Craig's suicidal episode gets him checked into a mental hospital, where his new neighbors include a transsexual sex addict, a girl who has scarred her own face with scissors, and the self-elected President Armelio. There, isolated from the crushing pressures of school and friends, Craig is finally able to confront the sources of his anxiety.

Ned Vizzini, who himself spent time in a psychiatric hospital, has created a remarkably moving tale about the sometimes unexpected road to happiness. For a novel about depression, it's definitely a funny story.

## Educational IDSVA Stalking AWARENESS WEEK 22ND APRIL – 26<sup>TH</sup> APRIL

The behaviour you can be experiencing is:

- **Fixated** – following you or sending lots of messages.
- **Obsessive** – repeating the behaviour even after they have been asked to stop.
- **Unwanted** – the constant behaviour is unwanted
- **Repeated** – happening more than once.

This is stalking and it is a criminal offence. Anyone can be a victim of stalking, and everyone deserves to live their life free from fear of threat and harm. If you are concerned that you/young person/parent/guardian or someone you know is at risk, please report to the police or reach out to The Blue Door for advice and guidance.

Please contact Hannah Smith 07796618344  
hannah.smith@thebluedoor.org or The Blue Door 0800 197 4787  
info@thebluedoor.org  
For further information about the Educational IDSVA role and how we can support you in your role

**STALKING: Do you  
know the four  
warning signs of  
STALKING**

**STALKING**  
is a crime!