



# World Mental HEALTH DAY



## World Mental Health Day: Supporting Our Students' Wellbeing

This week, we are proud to be taking part in activities to celebrate World Mental Health Day (10th October), a vital reminder of the importance of mental wellbeing for everyone. At school, we are dedicated to creating a positive and supportive environment for our students, and we have planned a week full of meaningful activities to raise awareness and encourage open conversations around mental health.

Throughout the week, students will be involved in a variety of activities designed to help them reflect on their mental health and learn new strategies to support their wellbeing. Some of these include:

**Pledges for Mental Health:** Students are writing personal pledges about what they will do to improve their mental health, whether that's practicing mindfulness, taking time for self-care, or reaching out to others.

**Quizzes and Mental Health Tips:** Fun quizzes and discussions will provide students with useful strategies for managing stress, building resilience, and staying mentally healthy.

**Random Acts of Kindness:** To foster a sense of community and support, students will be encouraged to engage in random acts of kindness, spreading positivity and goodwill amongst their peers.

**Wellbeing Strategies:** Throughout the week, we'll be sharing practical strategies and tips with students, helping them develop healthy habits and coping mechanisms that will support their mental health not only now, but in the future.

To close out the week, Friday will be a non-uniform day. We are encouraging all students to wear something yellow—the color symbolizing mental health awareness—to show their support and help spark conversations about this important topic.

We hope this week's activities will inspire our students to prioritize their mental health, support one another, and develop a greater understanding of how we can all contribute to a mentally healthy community. We look forward to seeing the positive impact this week will have across our school!

## Diary Dates

2024

Wednesday 9th October  
Flu Vaccinations

Friday 11th October  
Non uniform day

Thursday 17th October  
SEND coffee morning  
Theatre Trip Sheffield Lyceum

Friday 18th October 3.05pm  
School Closes for Half Term

Monday 28th October 8.45am  
School Reopens to students

Wednesday 30th October  
Yr5 Days of Encounter

Friday 1st November  
Year 7 Day of Reflection

Tuesday 5th November  
London Westend Trip

Thursday 7th November  
Yr 11 Parents Information Evening

**Mental  
health  
matters**



### Word of the Week: Rosary

This week, our focus word is "Rosary," an important symbol and practice in the Catholic tradition. The Rosary is a form of prayer that helps believers reflect on the life of Christ and His mother, Mary. The beads of the Rosary serve as a guide, with each bead representing a specific prayer or meditation.

To deepen our students' understanding of this significant practice, tomorrow during tutor time, we will be holding a whole-school Rosary. This will provide a moment of reflection, peace, and spiritual connection for all students and staff, regardless of their religious background. It's a chance for us to come together as a community in prayer and contemplation.

Additionally, students who would like to have their own set of Rosary beads are invited to collect them from the RE department. Having a set of beads will allow students to continue this meditative practice at home or during quiet moments throughout the school day.

The Rosary offers an opportunity to pause, reflect, and find peace—a practice that can benefit not just our spiritual health, but our mental wellbeing as well. We hope students will find meaning in tomorrow's experience and carry the lessons of this prayer into their daily lives.





## The Jimmy Mizen Cup: A Day of Sportsmanship and Community Spirit

On Friday afternoon, St Bede's hosted our annual Jimmy Mizen Cup, an event dedicated to both celebrating the power of community and raising awareness for the Jimmy Mizen Foundation, a charity promoting peace and positive change following the tragic loss of Jimmy Mizen in 2008.

The matches were filled with excitement and incredible sportsmanship. The first game saw Year 8 face off against Year 9 in a highly competitive match that ended in a 1-1 draw. Both teams showed tremendous effort and skill, leading to a dramatic penalty shootout where Year 8 emerged victorious!

Following this nail-biting match, Year 10 took on Year 11. After a hard-fought game, it was the Year 11 team that came out on top, showing great teamwork and determination to secure their win.

This Friday, we will be holding a non-uniform day to raise funds for the Jimmy Mizen Foundation. We encourage all students to participate and contribute to this cause, which continues to spread a message of peace, hope, and the importance of community action.

Thank you to all the students who participated in the matches, showing the true spirit of sportsmanship and unity. And a special thank you to everyone who will be supporting the charity through this Friday's non-uniform day.

Let's continue to honor Jimmy's legacy by fostering kindness, respect, and positive change within our school and beyond.



## Safeguarding

### Cyber bullying

Dear parents and carers,

Following on from last weeks newsletter regarding bullying, we are aware there can be cases of bullying occurring outside of school on social platforms, this is considered as Cyber bullying. Again, this will not be tolerated. We ask that parents support with this by being aware of their child's social media usage. If you have any concerns, please contact us in school to make us aware of any situation. Please also look at the two links below for further support.

Attached is a link to advise you about cyberbullying:

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers/im-worried-about-cyberbullying>

Please contact your child's tutor, head of year or pastoral support if you are concerned about your child being bullied.



## A Big Thank You to Our Students for Open Evening

We want to extend a heartfelt thank you to all the students who helped make our Open Evening last week such a fantastic event! From welcoming prospective families to guiding tours and assisting in activities, you all set a wonderful example of what makes our school community so special.

Your enthusiasm, kindness, and professionalism were noticed by everyone, and you truly made a lasting impression on our future students. We are incredibly proud of the way you represented our school and demonstrated the values we stand for.

Thank you again for your hard work and commitment!

This week's lunch menu

STREATERIES LUNCH MENU					
WEEK 3 16/9, 27/10, 28/10, 18/11, 9/12, 30/12, 20/1, 10/2	AUTHENTIC <b>Italian</b>	<b>PAN</b> ASIAN	<b>Home</b> STYLE	<b>Cocina</b> ESPAÑA	<b>Chips</b> & More
<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	
<b>MAINS</b>	TUSCAN SAUSAGE LASAGNE	KUNG PAO PULLED PORK	CREAMY CHICKEN & PUFF PASTRY PIE	SMOKY ALBONDIGAS (Meatballs)	Choose from: BATTERED FISH SAUSAGE or VEG SAUSAGE (battered or plain) Margherita Pizza Chicken Nuggets Chips
<b>SIDES</b>	PROVENCAL VEGETABLE LASAGNE	BANG BANG CAULIFLOWER	SMOKY SWEET POTATO & RED PEPPER PIE	SPANISH VEGETABLE TORTILLA	MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE
	GARLIC WEDGES HOUSE CHOP SALAD	5 SPICE RICE & STIR FRIED GREENS	CHIVE MASH PEAS, GREEN BEANS SAVOY CABBAGE	SPANISH RICE TOMATO & GREEN BEAN SALAD	
- PASTA & NOODLE POTS -					
CARBONARA PASTA		VEGGIE THAI STYLE NOODLE POT	BOLOGNESE PASTA	CHINESE CHICKEN CHOW MEIN NOODLES	CARBONARA PASTA
ITALIAN TOMATO PASTA - DAILY					
BEANS - CHEESE - JACKET POTATOES - TUNA MAYO - SIMPLY PLAIN					
<b>BIG BOWL SALAD</b>	CLASSIC GREEK SALAD WITH FETA & OLIVES	SQUASH, ROASTED VEGETABLE & CHICKPEA SALAD	SMOKY MEXICAN BEAN CHOPPED SALAD	CRUNCHY RANCH & EGG SALAD	COCONUT CHILLI CHICKEN SALAD
<b>DESSERTS</b>	APPLE & SYRUP SPONGE with Custard	CHOCOLATE SHORTBREAD	KEY LIME CHEESECAKE	CHOCOLATE BANANA CAKE with Custard	BROWNIE with Chocolate Sauce
Daily Meal Deals Regular Chef's Specials	Freshly Made from Scratch <b>DAILY!</b>	Fresh Cut Fruit & Yogurt Pots Available Daily	HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!	<b>DELI KITCHEN</b> HOT GRAB & GO	