

# St Bede's Catholic Academy

## Parents' Newsletter

Monday 14th October  
Issue 39



St Bede's Library has teamed up with The Children's Book Project, a charity who redistribute thousands of new and gently used books to school libraries and children across the UK. Over a million books have been donated on behalf of the charity since it first began.

The Children's Book Project's sustainable vision is-  
That every book buying family understands

- -the life-changing impact of passing on their pre-loved children's books
- -that there are accessible, sustainable avenues nationwide for them to do so

-that by doing so they help to directly tackle book poverty for every child.

St Bede's Library is now an official book donation point to receive good quality books from the community. Donated books will become part of St Bede's library. This will ensure students have a diverse range of fiction and non-fiction to borrow and take home, completely free of charge.

As you may be aware, the library has become a hub for students to study and read in peace, so it is important that resources are relevant and of good quality.

If you have a shelf full of books that are no longer read, please consider donating them to St Bede's by registering on the link below and drop them off at reception.

We are after age-appropriate fiction and non-fiction such a young adult, comics, thrillers, fantasy, sci-fi, sports, biography, as long as they are of readable quality.

<https://childrensbookproject.co.uk/families-and-individuals/>

### Important Notice: Head Lice Cases

We would like to inform you that there have been a few reported cases of head lice at the school. While head lice are common and not a sign of poor hygiene, we encourage all parents to check their children's hair regularly and treat any cases promptly. Please remind your children not to share hats, hairbrushes, or other personal items, as this can help prevent the spread. If you discover head lice, we recommend treating it right away and informing the school so we can continue to manage the situation effectively. Thank you for your cooperation and support in keeping our school community healthy!

## Diary Dates

2024

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

Tuesday 12th November  
GCSE Music Performance

w/c Monday 18th November  
Yr 11 Mock GCSE's  
Flu Vaccinations all years

Thursday 21st November  
Yr10 Consultations

Wednesday 4th December  
Blood Brothers Theatre trip  
North Lincs Cross Country  
Central Park

## **Nurturing Catholic Life at Our School: A Foundation for Faith, Learning, and Community**

At St Bede's, our Catholic identity is at the heart of everything we do, shaping not only the way we approach education but also how we nurture the spiritual and moral growth of our students. Catholic life in our school is not just a collection of religious activities but an integral part of who we are as a community, bringing faith, compassion, and service to the forefront of our daily lives. Catholic life at St Bede's means creating opportunities for our students to deepen their personal relationship with God and experience faith in action. Through regular Masses, prayer services, and the celebration of important liturgical seasons like Advent, Lent, and Easter, we help students grow in their understanding of the Catholic faith.

At St Bede's, we understand that Catholic life is about more than individual faith; it's about building a community where everyone feels welcomed, valued, and supported. Our school community is like an extended family where parents, students, staff, and parish all work together to support the holistic development of each child.

We recognise the vital role that parents play in their children's faith journey. By modeling faith in action at home—whether through family prayer, attending Mass together, or supporting school initiatives—you reinforce the Catholic values we teach in school. We encourage you to continue to engage with our school's spiritual life by attending school Masses, participating in charitable events, and discussing with your children what they are learning about faith.

### **Looking Ahead: Continuing the Journey**

As we continue our school year, we remain committed to nurturing the Catholic life of our community, and we invite you, as parents, to be active participants in this journey. Whether through prayer, service, or simply being present at school events, your involvement enriches the faith experiences of all students. Together, we can build a strong foundation of faith that will guide our children not only through their school years but throughout their entire lives.

At St Bede's, we strive to be a place where faith and learning go hand in hand, helping each student to grow into a person of strong character, moral conviction, and deep compassion. As we walk this path together, may we continue to be inspired by the teachings of Christ and the example of His love in all that we do.







## **The Importance of Sleep in Teenagers: A Key to Academic Success and Mental Wellbeing**

During our recent Mental Health Week, one topic consistently highlighted by students was the crucial role that sleep plays in their lives. Many of us already know that sleep is essential, but as teenagers, the amount and quality of sleep we get can have a significant impact on both our academic performance and overall mental health. It's important to understand why sleep is so vital and how we can create healthier habits to improve our well-being.

### **Why Do Teenagers Need More Sleep?**

Teenagers are at a unique stage of growth and development, not just physically, but mentally and emotionally as well. Studies suggest that teenagers need around 8 to 10 hours of sleep per night. However, according to various surveys, most teens are getting far less than that—averaging closer to 6.5 to 7 hours. The combination of academic pressure, social commitments, and the temptation of screens (phones, laptops, and TV) can all contribute to this shortfall.

### **What Happens When You Don't Get Enough Sleep?**

Lack of sleep affects our ability to focus, think clearly, and retain information—key skills for success in school. Here's how it directly impacts us:

1. **Cognitive Functioning and Learning:** Sleep is vital for memory consolidation. During sleep, your brain processes the information you've learned during the day, helping you store it for the long term. This means that if you're cramming for an exam but haven't slept well, your brain is less likely to retain that information, making it harder to perform at your best.
2. **Mental Health and Emotional Wellbeing:** Insufficient sleep has been linked to higher levels of stress, anxiety, and even depression in teenagers. It becomes a vicious cycle—stress and anxiety can make it harder to fall asleep, and lack of sleep can then worsen these conditions. During Mental Health Week, many of us recognized how exhaustion made us feel more overwhelmed, emotional, and unable to cope with everyday challenges.
3. **Concentration and Problem-Solving:** When you're tired, it's harder to pay attention in class and keep up with schoolwork. Your reaction times slow down, and it becomes more difficult to absorb new information or solve problems creatively. Over time, this can lead to lower academic performance, which can increase stress and frustration.
4. **Physical Health:** Sleep is essential for physical recovery and development. Growth hormones are released during deep sleep, which is crucial for teenage development. Lack of sleep can also weaken the immune system, making you more prone to illness, which can affect your attendance and ability to keep up with schoolwork.

### **How Can Better Sleep Improve Your School Life?**

Imagine a day where you feel energized, focused, and ready to tackle anything—this is what a good night's sleep can offer. Prioritizing sleep can lead to:

- **Improved Academic Performance:** Studies show that students who get adequate sleep perform better in school. They have better concentration, can solve complex problems more easily, and are more likely to achieve higher grades.
- **Better Emotional Regulation:** When well-rested, your mood improves, and you're more resilient when dealing with stress or conflicts. This leads to better relationships with teachers, friends, and family.
- **Increased Motivation:** Feeling well-rested means you're more likely to engage in extracurricular activities and enjoy your school day, making your overall experience more positive and productive.

Tips for Better Sleep

Improving sleep isn't always easy, especially with the demands of school and social life. However, small changes can make a big difference. Here are some strategies you can try:

- Create a Consistent Sleep Schedule: Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock, making it easier to fall asleep and wake up naturally.
- Limit Screen Time Before Bed: The blue light emitted by phones, tablets, and computers can interfere with your body's production of melatonin, the hormone that helps you sleep. Aim to switch off screens at least 30 minutes before bed.
- Create a Relaxing Bedtime Routine: Whether it's reading, listening to calming music, or practicing deep breathing, having a pre-sleep routine signals to your brain that it's time to wind down.
- Limit Caffeine and Heavy Meals in the Evening: Consuming caffeine late in the day can make it harder to fall asleep. Similarly, eating large or spicy meals close to bedtime can cause discomfort and disrupt sleep.
- Make Your Sleep Environment Comfortable: Ensure your bedroom is a quiet, dark, and cool space, which can promote better sleep. Consider using earplugs or an eye mask if necessary.

Let's Prioritize Sleep for Better Mental Health

Our Mental Health Week discussions made it clear that students see sleep as a significant factor in their well-being, and it's easy to see why. Prioritizing sleep can help us all feel more balanced, improve our academic success, and enhance our overall happiness. By making simple changes to our routines and giving sleep the attention it deserves, we can set ourselves up for healthier, more productive lives both in and out of school.

School gates

The school gates are not opened until 8:30am each day.

However, in the event of heavy rainfall the gates will be opened for students to go into a dry area of the school from 8am.

This week's lunch menu

STREATERIES

LUNCH MENU

WEEK 3

16/9, 7/10, 28/10, 18/11, 9/12, 30/12, 20/1, 10/2

Authentic Italian

MON

TUSCAN SAUSAGE LASAGNE

PROVENÇAL VEGETABLE LASAGNE

GARLIC WEDGES

HOUSE CHOP SALAD

PAN ASIAN

TUE

KUNG PAO PULLED PORK

BANG BANG CAULIFLOWER

5 SPICE RICE & STIR FRIED GREENS

Home STYLE

WED

CREAMY CHICKEN & PUFF PASTRY PIE

SMOKY SWEET POTATO & RED PEPPER PIE

CHIVE MASH PEAS, GREEN BEANS SAVOY CABBAGE

Cocina ESPAÑA

THU

SMOKY ALBONDIGAS (Meatballs)

SPANISH VEGETABLE TORTILLA

SPANISH RICE TOMATO & GREEN BEAN SALAD

Chips & More

FRI

Choose from: BATTERED FISH SAUSAGE or VEG SAUSAGE (battered or plain)

Margherita Pizza

Chicken Nuggets

Chips

MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE

- PASTA & NOODLE POTS -

CARBONARA PASTA

VEGGIE THAI STYLE NOODLE POT

BOLOGNESE PASTA

CHINESE CHICKEN CHOW MEIN NOODLES

ITALIAN TOMATO PASTA - DAILY

CARBONARA PASTA

BEANS - CHEESE - JACKET POTATOES - TUNA MAYO - SIMPLY PLAIN

BIG BOWL SALAD

CLASSIC GREEK SALAD WITH FETA & OLIVES

SQUASH, ROASTED VEGETABLE & CHICKPEA SALAD

SMOKY MEXICAN BEAN CHOPPED SALAD

CRUNCHY RANCH & EGG SALAD

COCONUT CHILLI CHICKEN SALAD

DESSERTS

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 DAILY!

Fresh Cut Fruit & Yogurt Pots Available Daily

HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!

DELI KITCHEN HOT GRAB & GO