

# St Bede's Catholic Academy Parents' Newsletter

Monday 13th January 2025  
Issue 46



## Welcome Back to Lent Term

Dear Parents and Guardians,

A very warm welcome back to St Bede's as we begin our Lent Term. We hope you all had a wonderful and restful Christmas break, filled with joy and family time. As we embark on this new term, we are excited about the opportunities and experiences awaiting our students.

This term promises to be vibrant and engaging, with a host of events and activities planned. Highlights include the Humberside Secondary Cross Country finals, a visit to the Hull New Theatre for An Inspector Calls, and Poetry Live in Bradford. For some of our Year 11 students, there's also the exciting prospect of a PGL residential Mathematics revision weekend.

Alongside these enriching trips, we are entering a pivotal time for many of our students, with GCSE assessments commencing in Music and Catering & Hospitality. We will also soon be holding Parents' Evenings, offering valuable opportunities to discuss progress and goals for the remainder of the academic year.

As a Catholic community, this term will also be enriched by Mass and other significant events that allow us to come together in reflection and celebration.

We look forward to another term of growth, learning, and achievement. Thank you for your continued support as we journey through this exciting chapter together.

Wishing you all a successful and rewarding Lent Term.

Warm regards,  
Mrs Farr



*Heavenly Father,*

*As we step into this new year, we give You thanks for the gift of life and the opportunities ahead. We are grateful for our school community, where we grow in knowledge, faith, and friendship.*

*Bless our students, staff, and families with wisdom, courage, and compassion. Help us to approach this year with open hearts and minds, ready to learn and to serve others. May we find strength in Your presence during challenges and joy in the blessings You provide each day.*

*Guide us to live out our school's values and the teachings of Your Son, Jesus Christ. May our words and actions reflect love, respect, and service, inspiring one another to grow closer to You.*

*Lord, we entrust this year into Your hands. Fill it with hope, peace, and the fulfillment of Your will in our lives. Through the intercession of Mary, Our Mother, and all the saints, we ask this in Jesus' name.*

*Amen.*

## Diary Dates

**2025**

Tuesday 14th January  
GCSE Music performance

Thursday 16th January  
Year 11 Consultation

Tuesday 28th January  
Humberside Secondary  
Cross Country Finals

Wednesday 5th February  
Health & Social Care  
JLC visit 10am - 12.15pm

Tuesday 11th February  
Yr 8 Day of Reflection

Thursday 13th February  
School closes for  
half term at 3.05pm

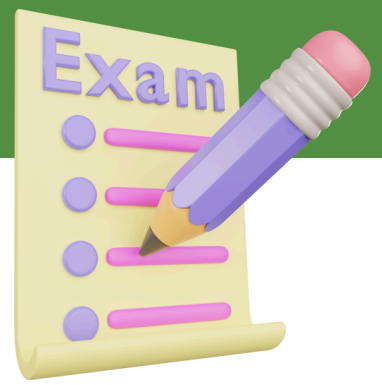
Monday 24th February  
School re-opens to students

Tuesday 25th February  
GCSE Music Performance  
(Contingency Day)

Wednesday 26th February  
Year 9 Vaccinations

W/C Monday 3rd March  
Year 11 English & Maths  
Mock Exams

Wednesday 5th March  
GCSE Live Event Yr10



## GCSE Speaking mocks

The Year 11 students have speaking exam mocks between Jan 21st and Feb 4th.

**German: Mrs Baines' classes - 21st to 23rd January**

**German: Ms Coggan's class - 29th & 30th January**

**French: Ms Lequette's class - 24th to 27th January**

**French: Mrs Hepworth's class: 31st January**

**Polish: Mrs Grab - 4th Feb**

Students should see their class teacher for exact exam times.

For French and German, students have conversation questions which they need to be revising in preparation for this exam.

## Supporting Our Students Through Their GCSEs

As we approach the important season of GCSE examinations, we want to acknowledge the dedication and hard work of our students as they prepare for this milestone in their educational journey. It is a time of growth, challenge, and opportunity, and together, we can provide the support they need to thrive.

### Creating a Positive Environment

A supportive home environment is key during this time. Encourage your child to maintain a balanced routine, including regular study sessions, breaks, and time for relaxation. A quiet, organized space for studying can also make a significant difference.

### Encouragement and Emotional Support

The pressure to succeed can feel overwhelming, so it's important to remind your child that effort and perseverance are what truly count. Celebrate their progress and reassure them that their worth is not determined by grades alone. Your encouragement can help them remain motivated and focused.

### Practical Tips for Success

Here are some ways to support your child as they prepare for their GCSEs:

- **Time Management:** Help them create a realistic revision timetable that balances all subjects.
- **Healthy Lifestyle:** Encourage good sleep, nutritious meals, and regular physical activity.
- **Practice and Preparation:** Use practice papers to build confidence and familiarity with exam formats.
- **Stress Management:** Teach simple breathing techniques or mindfulness exercises to stay calm under pressure.

### Working Together

As a school, we are committed to equipping your child with the tools and resources they need to succeed. We are here to help, whether through additional study sessions, access to learning materials, or emotional support from our pastoral team.

Please don't hesitate to reach out if you have concerns or need guidance during this period. Together, we can make this a positive and rewarding experience for your child.

Thank you for your continued partnership in their education.

### Young Writers

Congratulations to Adrian B in Y7, Imogen N in Y8, and Robert T in Y10 whose work has been chosen to be published in the Young Writer's next anthology "Fight or Flight."

STREATERIES LUNCH MENU		ASPIENS		
WEEK 2 8/9, 30/9, 21/10, 11/11, 21/2, 23/2, 13/1, 3/2	<b>GERMAN HAUS</b>	<b>INCREDIBLE INDIA</b>	<b>Home STYLE</b>	
<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	
<b>MAINS</b>	<b>MAINS</b>	<b>MAINS</b>	<b>MAINS</b>	
CURRYWURST In a crusty baguette	PULLED CHICKEN TIKKA PIE	BRITISH PORK SAUSAGE TOAD IN THE HOLE with Onion Gravy	SMOKED CHILLI BEEF OVER RICE with Smashed Nachos, Spring Onion & Sour Cream	
CAULIFLOWER SCHNITZEL	CHANA MASALA STUFFED PIE	QUORN SAUSAGE TOAD IN THE HOLE with Onion Gravy	VEGGIE BEAN CHILLI LOADED NACHOS with Spring Onion & Sour Cream	
<b>SIDES</b>	<b>SIDES</b>	<b>SIDES</b>	<b>SIDES</b>	
POTATO SALAD BRAISED CABBAGE	CRISPY BOMBAY POTATOES, CUMIN ROAST CARROTS & PARSNIPS	SKIN ON GARLIC ROASTIES GREEN BEANS	SMOKY CORN	
- PASTA & NOODLE POTS -				
CARBONARA PASTA	VEGGIE THAI STYLE NOODLE POT	BOLOGNESE PASTA	CHINESE CHICKEN CHOW MEIN NOODLES	CARBONARA PASTA
- BEANS - CHEESE - JACKET POTATOES - TUNA MAYO - SIMPLY PLAIN				
<b>BIG BOWL SALAD</b>	CLASSIC NICHOISE WITH EGG	BRIGHT & LIGHT CHICKEN PASTA SALAD	SUPERFOOD GREEN SALAD	ASIAN CUCUMBER, EDAMAME & NOODLE SALAD
<b>DESSERTS</b>	APPLE CRUMBLE with Custard	SHORTBREAD	NEW YORK VANILLA BAKED CHEESECAKE	BROOKEE
				JERK CHICKEN & PINEAPPLE SALAD
Daily Meal Deals Regular Chef's Specials	Freshly Made from Scratch <b>DAILY!</b>	Fresh Cut Fruit & Yogurt Pots <i>Available Daily</i>	HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!	<b>DELI KITCHEN</b> HOT GRAB & GO

