

# ST BEDE'S NEWSLETTER

01724 245151



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## UPCOMING EVENTS

- **Half Term**  
Monday 16<sup>th</sup> to Friday 20<sup>th</sup> February
- **Social Science Trip**  
Wednesday 25<sup>th</sup> February
- **Thursday 5<sup>th</sup> March**  
World Book Day
- **Friday 6<sup>th</sup> March**  
Leaders Football Day
- **Wednesday 11<sup>th</sup> March**  
Women in Engineering
- **Friday 13<sup>th</sup> March**  
Year 7-11 reports
- **Thursday 26<sup>th</sup> March**  
Year 7-11 Tutor Parents Evening
- **Monday 30<sup>th</sup> March**  
Sheffield Hallam University - ICT Trip

## Message from the Headteacher

This week I circulated a letter outlining the introduction of a handheld wand system to help detect students bringing contraband items into school. You will no doubt have seen the appalling incident in London in which two students were stabbed, as well as the tragic murder of a student at a Catholic school in Sheffield. These events are a stark reminder of the difficult times in which we live, and they reinforce our responsibility to keep our community safe.

After half term, we will therefore begin using the wand detector in the following circumstances:

- When a student is subject to a risk assessment
- When the school receives information suggesting that a student may be in possession of items that could pose a danger to themselves or others
- For all students who attend St Bede's from other schools as part of off-site direction

These measures are proportionate and designed to enhance safety without causing unnecessary alarm. After half term, I will also lead assemblies with all year groups to remind students of the school's lockdown procedures. Many schools, some very local to us, have recently had to implement lockdowns due to significant risks or incidents. Our aim is simply to ensure that students understand the process and the reasons behind it.

I am also pleased to share that construction has begun on our new block. As part of this development, the bike sheds will be relocated, and we hope they will be ready for use after the half-term break.

Finally, I would like to wish all our young people and their families a restful, enjoyable, and safe half-term holiday. School reopens on Monday 23<sup>rd</sup> February, and we look forward to welcoming students back then.



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# School Updates

## **Parking outside the front of school**

As a school we fully understand the difficulties of parking in and around the school site. With over 700 students leaving at the same time it is impossible for all to be picked up within the immediate area of the school. Therefore could we request that parents collect from areas away from the front of the school and certainly avoid double parking in the layby. There have also been a number of parents who drop off and pick students up by parking on the zig-zag yellow line in front of the school, please be aware that this should not be happening as it makes the road dangerous for students to cross. Thank you for your support in keeping our students safe.

## **Bikes after half term**

The bike shed has been relocated to within the school grounds, this is to reduce issues around the theft of bikes. Students will need to walk with their bike through the main entrance to the school.

## **Car park**

You will be aware that the school is having significant building work over the next 6 months. Therefore we would ask that parents do not use the car park to collect or drop students as builders lorries will need access to the school.

## **After school**

I would like to remind parents that the school reception closes at 4pm on Monday through to Thursday and 3:30pm on a Friday. A small number of students are waiting in reception sometimes until 4:30pm or 5:00pm for parents to collect them and there are no staff around to supervise them in these circumstances. If this is an issue, please can parents contact the school to discuss.

## **Y7-Y11 parents evening**

The next parents evening is for the whole school on Thursday 26<sup>th</sup> March where parents will meet their child's learning tutor. The event takes place between 2:30pm and 7:00pm with booking information released after February half term. As a result of this, school will close at 1:50pm.





# World Mental Health Week

This week (beginning 9th February), we have been lovingly celebrating World Mental Health Week, with a special focus on the theme of "Belonging."

Throughout the week, our pupils have taken part in a variety of thoughtful and uplifting activities designed to support their mental health, nurture meaningful connections, and strengthen the sense of community that we value so deeply. These have included calming mindfulness and meditation sessions, joyful Just Dance and sports challenges to encourage teamwork and feel-good movement, creative craft activities to build relationships and spark imagination, and interactive games such as Connection Bingo and Kindness Notes to inspire empathy, positivity, and a strong sense of belonging across our school.

We warmly encourage you to keep these conversations going at home by talking openly together about feelings, wellbeing, and the importance of looking after our mental health. Gentle, supportive chats help children feel truly heard and valued, and they give them the confidence to share their thoughts and emotions comfortably.

Loving God,

As we approach February Half Term, we place the whole St Bede's community into your care.

We pray for our students, especially those who feel anxious, tired, or overwhelmed. Grant them rest, peace of mind, and the reassurance that they are valued and never alone.

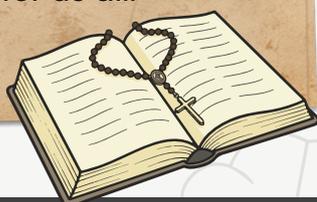
We pray for our parents and carers.

Strengthen them in all they carry, bless their homes with patience and understanding, and give them moments of true rest.

We pray for our staff. Renew their energy, refresh their spirits, and reward their dedication with restoration over this break. May our school always be a place of kindness, compassion, and hope, where it is safe to speak and safe to seek help.

As we enter this half term, may it bring renewal, joy, and healing for us all.

Amen.



## HOW POSITIVE THINKING

AFFECTS MENTAL HEALTH

**Reduces Stress and Anxiety**



Positive thinking helps reframe negative situations, making it easier to manage stress and reduce anxiety. It encourages problem-solving instead of dwelling on worries.

**Boosts Emotional Resilience**



A positive mindset helps you bounce back from setbacks faster. Optimism strengthens emotional resilience, allowing you to handle life's challenges with confidence.

**Improves Physical Health**



Positive thinkers tend to have lower blood pressure, stronger immune systems, and better heart health.

**Enhances Self-Esteem and Confidence**

Focusing on strengths instead of weaknesses helps build self-worth. Positive affirmations and self-compassion can boost confidence and personal growth.



**Encourages Healthy Habits**

Optimistic people are more likely to maintain healthy routines, such as exercising, eating well, and getting enough sleep.



**Promotes a Growth Mindset**

With positive thinking, failures become learning opportunities. This mindset fosters resilience, motivation, and continuous self-improvement.



**Increases Happiness and Life Satisfaction**

A positive mindset leads to greater overall happiness and a sense of fulfillment. Gratitude and optimism help you appreciate life's moments, big or small.

Below are some helpful resources you may wish to explore as a family:

- **Young Minds**
- **Mental Health UK**
- **Mental Health Foundation**
- **NHS: Children's Mental Health**
- **The Children's Society**



You might also like to use these simple conversation starters to check in with your child in a gentle, reassuring way:

### 1. Everyday Feelings Check-In

- What was the best and hardest part of your day?
- If your feelings today were a weather forecast, what would they be?
- What's something that made you smile or frown today?



### 2. Exploring Emotions Safely

- Can you tell me about a time today when you felt proud, worried, or frustrated?
- If your feelings had colours, what colour would you be right now?
- What's something that's been on your mind lately?



### 3. Building Trust and Openness

- Is there anything you wish grown-ups understood better about how you feel?
- When you're upset, what helps you feel better?
- If you could change one thing to make your day easier, what would it be?



### 4. Encouraging Problem-Solving Together

- What's one small thing we could do together to make tomorrow a little better?
- Who do you feel most comfortable talking to when you're having a tough time?
- If a friend felt the way you do, what would you say to them?



Thank you, as always, for your continued support in helping us foster emotional wellbeing and a strong sense of belonging for every child in our care. Together, we can keep building a school community where every child feels valued, connected, supported, and truly cared for.



# What's On...



## **Little Sparks launch event**

Tuesday 17 February, 10.30am to 12pm

An introduction to the new session for younger children. Little sparks is a STEAM inspired session at Discover@20-21. Come and investigate, build, create and learn. Free to attend, and no booking required.

## **Have a go – Pop Art portraits**

Wednesday 18 February, 10.30am to 12pm.

Drop in and create your own piece of art inspired by the striking pop art movement. Children aged five years and above and adults welcome. Free to attend, and no booking required.

## **Lab Rascals**

Thursday 19 February, 10.30am to 3pm.

An exciting, hands-on interactive show at Discover@20-21. Explore the magic of light and colour through fun, engaging STEAM activities. Perfect for curious minds aged five years and above and grown-ups are very welcome too.

Free to attend, and no booking required.

## **Have a go – Badge me up**

Wednesday 18 February, 10.30am to 12pm.

Express yourself and get creative in our drop-in badge-making session! Make a bold statement or design your own wearable work of art. Suitable for children aged five years and above and adults.

Free to attend, and no booking required.

## **Art Club**

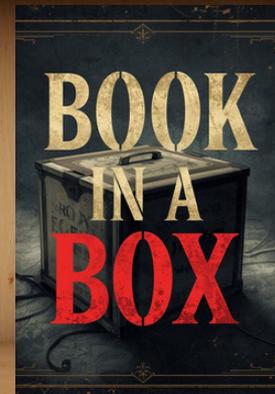
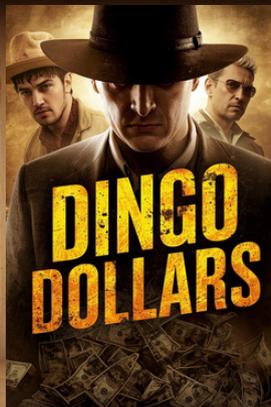
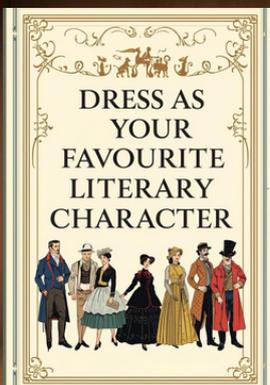
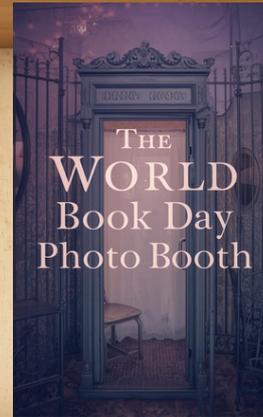
Saturday 28 February, 1.30pm to 3pm.

Art Club is our free, friendly guided arts and craft session for children aged eight years and above. Each month is a different exciting theme inspired by our exhibitions.

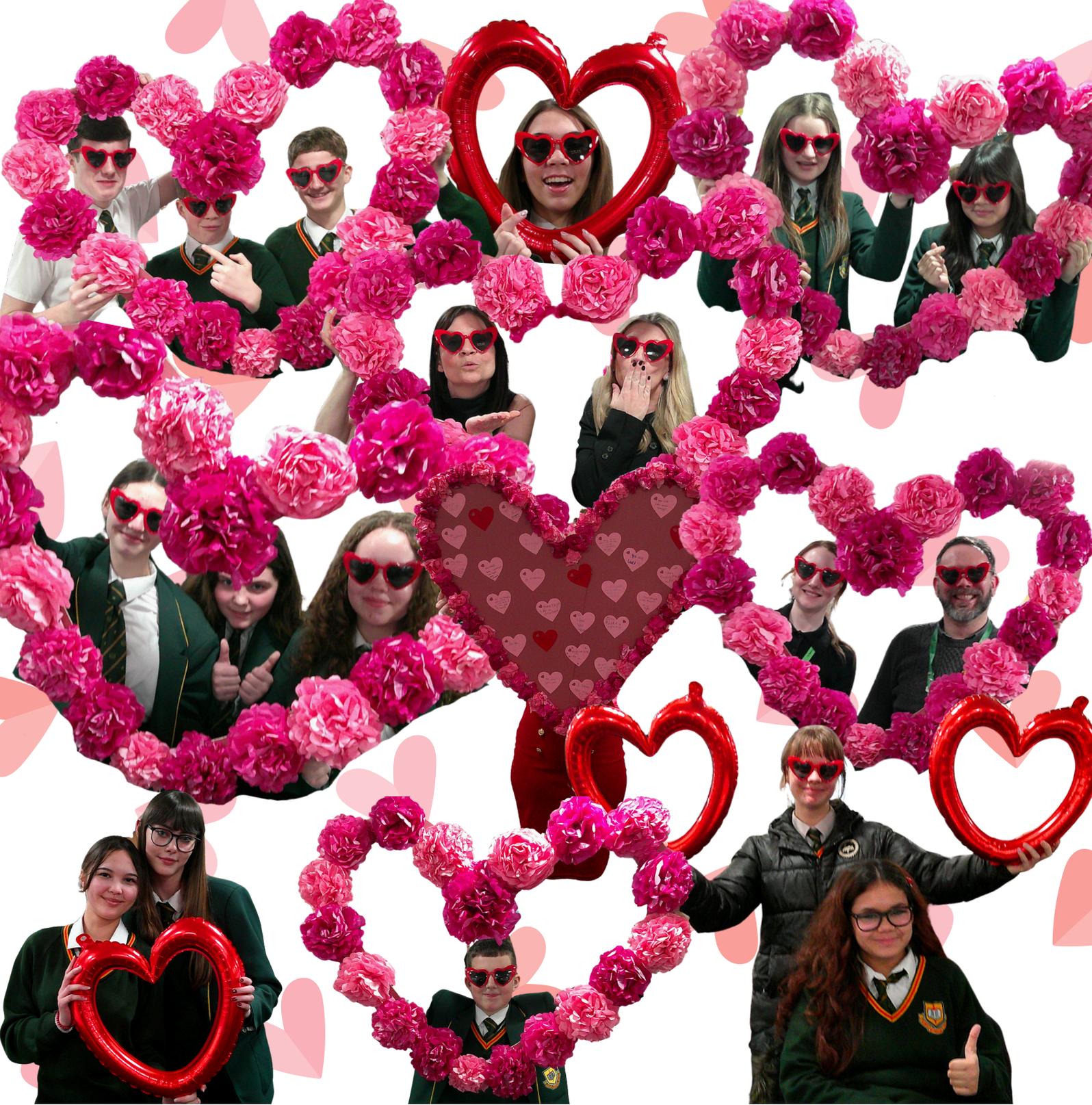
Free to attend, and no booking required.

# St Bede's

## LITERATURE FESTIVAL



*For World Book Day this year, we'll be having St Bede's Literature Festival with activities planned all week, including dress as your favourite literary character, so get your costumes ready!*



*It's been World Mental Health Week at St Bede's, so we've been spreading love and positivity, with New Friend Bingo, Yoga, Meditation, Friendship Bracelet & Gonk Making, Love Heart Photobooth and much more!*



# We Have! a Winner!



Congratulations to Thenuha  
who won our Pick A Square.  
Guess The Bear competition.  
£72 was raised for the Y11  
Prom! Thank you to everyone  
who had a guess.

