

ST BEDE'S NEWSLETTER

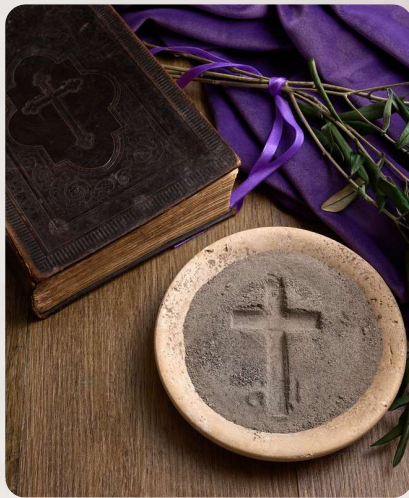
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UPCOMING EVENTS

- **Monday 27th April**
GCSE MFL Speaking Exams
GCSE PE Moderation
- **Wednesday 29th April**
Maths Challenge
- **Monday 4th May**
May Day - School Closed
- **Tuesday 5th May**
Health & Social Care Exam
- **Thursday 7th May**
Bishop visit
German Exam
- **Friday 8th May**
Sports Studies Exam
Drama Exam
- **Monday 11th May**
Yr 7 Briars Trip
- **Monday 25th May -
Friday 29th May**
School closed for Half term

Message from the Headteacher

I hope that you and your family enjoyed a restful Easter break. It was lovely to speak to all students on Monday during our half-termly assemblies.

Schools have featured in the news recently, particularly around mobile phones and school dinners, and I would like to take this opportunity to address both topics in more detail.

At St Bede's, we welcome the government's intention to improve the quality of school food standards. We fully recognise the importance that nutrition plays in the development, health, and wellbeing of young people, and in supporting them to learn effectively throughout the school day. We currently work closely with our catering partners, Aspens, to provide nutritious meals, and I continue to be impressed by both the quality and value of the food offered.

The proposed changes to national food standards go further than the current guidance. Within schools, there are two main concerns: ensuring that school meals remain appealing so that students do not switch to less healthy packed-lunch alternatives, and ensuring that any new requirements are properly funded. The proposed changes would increase production costs, and we would not want these to be passed on to families, particularly at a time when many are already facing financial pressures.

I would encourage all parents to respond to the government consultation, which can be found here: <https://consult.education.gov.uk/school-food-policy-team/school-food-standards-updating-the-leg-framework/>

During assemblies this week, I also spoke to students about their mobile phone use over the Easter holidays. Many reported spending more than eight hours a day on their phone or tablet. The government has now announced that it will become a legal requirement for mobile phones not to be used in schools. St Bede's has always maintained a clear policy that mobile phones must not be used under any circumstances during the school day. While technology can have many positive uses, excessive screen time can impact wellbeing, relationships, and learning. It is important that students develop strong communication skills, build positive friendships, and enjoy a school environment free from the pressures of social media. I would greatly appreciate parents reinforcing this message at home.

It is hard to believe that Year 11 exams have already begun, starting this week with Art. Next week sees the start of the language speaking exams, followed by the main exam series beginning the week after. I wish all Year 11 students, and their families, the very best during what can be a challenging and stressful period. Miss Karlsberg has written an important letter to Year 11 parents, and I would encourage you to take the time to read it.



GCSEs Are Coming Up – How We Can Support Our Young People

With GCSE exams just around the corner, this can be an important and sometimes challenging time for our students. Alongside their hard work in school, your support at home plays a vital role in helping them feel confident and prepared.

Encourage your child to create a simple revision timetable that balances study with rest and relaxation. Short, focused revision sessions are often more effective than long periods of cramming. It's also helpful to provide a quiet, comfortable space where they can concentrate without distractions.

Wellbeing is just as important as revision. Making sure your child gets enough sleep, eats regularly, and takes breaks, this will help them stay focused and manage stress. Gentle encouragement, reassurance, and understanding can go a long way in boosting their confidence.

Every child approaches exams differently, so try to keep communication open. Ask how they're feeling and if there's anything they need, whether that's help testing them, talking things through, or simply giving them some quiet time.

Most importantly, remind them that doing their best is what matters most. Effort, resilience, and a positive mindset are key skills that will support them far beyond exam season.

We wish all of our students the very best of luck—you've got this!

CHOIR
rehearsals

CHOIR REHEARSALS ARE ON
in Music afterschool on
MONDAYS
until 4pm.

WE ARE STARTING OUR REHEARSALS FOR
A NIGHT AT THE MUSICALS
they will take place on
THURSDAYS
until 4:30pm.

We can't wait to see you there!

God of Life,
You created each of us and
set us in our unique
communities of friends,
family, and coworkers. You
have a purpose and a plan for
each of us which is
overflowing with meaning and
goodness. Help us, Lord, to
realize our role in your plan
and the vocation to which you
have called us. For we know
that living according to your
plan will bring fullness of life
and fullness of joy. Amen.



SAFEGUARDING

At St Bede's Catholic Voluntary Academy, we have a zero tolerance towards any forms of racism.

We want to be able to educate all around racism and how we can all work together to combat any forms of racism.

Children and young people may have seen images and stories about race and racism.

It's important to encourage positive and open conversations about race and racism with children and young people.

- Have conversations about this often, not just when it's in the news.
- Keep the conversation going and let children know it's OK to ask questions.
- Encourage children to understand the lived experience of ethnically minoritised groups better.

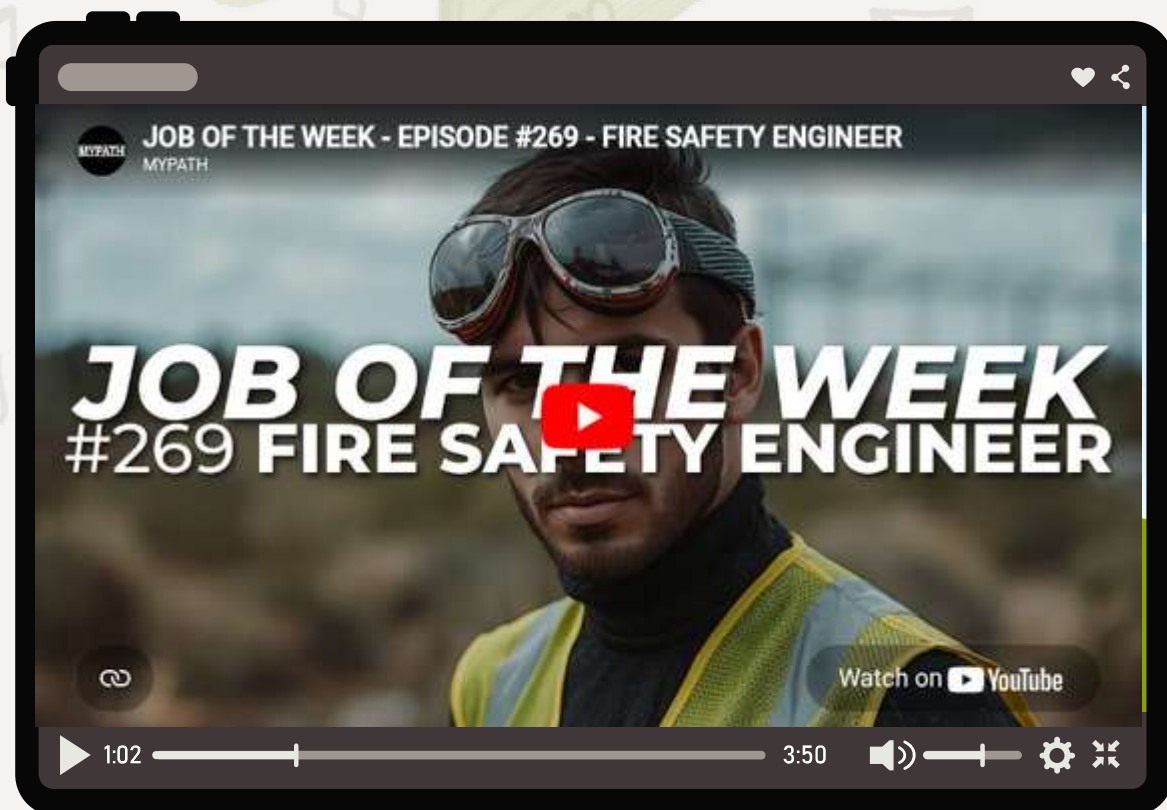
For further information please visit the following site:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/>





JOB OF THE WEEK - FIRE SAFETY OFFICER



Have you ever wondered who helps keep buildings, schools, and public spaces safe from fire? This week, we're learning about the important role of a Fire Safety Officer.

A Fire Safety Officer works to prevent fires and make sure everyone knows what to do in an emergency. They carry out regular safety checks, ensure fire alarms and extinguishers are working properly, and help create evacuation plans so people can leave buildings safely if needed.

They also provide training and advice, teaching staff and students how to respond calmly and safely in the event of a fire. In some roles, they may inspect buildings to make sure they meet fire safety laws and standards.

To become a Fire Safety Officer, people often need a background in safety, emergency services, or health and safety training. Important skills include attention to detail, confidence, clear communication, and the ability to stay calm under pressure.
