

12 Oct 2018

Tel: 0161 226 3323 www.sbcm.co.uk

Reflections on the Week

We welcomed Julie Paterson to the College this week to discuss Wellbeing with all of our pupils. I hope everyone has taken note of her guidance and has planned some time to relax over the weekend. Physical activity is a great way to unwind and it is wonderful to see so many of our pupils involved in Sport. Well done to all who took part in the Duke of Edinburgh walk at Beeston. A date for your diaries is the Autumn Concert on Tuesday 16 October 6.30pm in the Academic Hall, an oppourtunity to see the wealth of musical talent in the College.



Mrs S Pike

Fundraising for Free

Bosco House have registered with Easyfundraising and we need your help!

Easyfundraising is a great website where you can help us to raise money for this year's nominated charities Dementia UK & Alzheimers UK, simply by doing your everyday online shopping with over 3,300 big name retailers like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S. Every time you shop, we receive a small donation to say 'thank you' and it's completely free to you too! We want raise as much as possible so please sign up and help us at www.easyfundraising.org.uk/invite/2CJ12W/

How to join us:

Step One

Register using the unique link before the end of November. If you raise £5 in donations over the next 12 months, Easyfundraising will donate a further £5 to our charity. www.easyfundraising.org.uk/invite/2CJ12W/



Type in the search box 'St Bedes College Manchester Raising For Dementia Uk & Alzheimers UK.



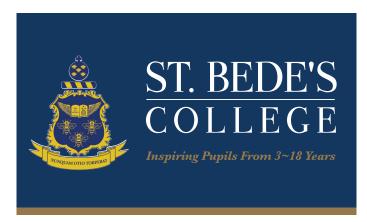
Step Three

Click 'support us'

It only takes two minutes to set up and there's a donation reminder you can install which will automatically tip you off if the retailer is signed up to the scheme so you don't have to do anything (this does not include Amazon and Ebay where you have to go through the Easyfundraising website but it only takes a second). There's no catch or hidden charges and we never know what you have spent money on, only what you have raised. Your support is really appreciated!!! Thank you in advance

Mrs Corbett





SENIOR

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Latest Football News

The U12's were the only team to travel away to Altrincham Grammar School on Saturday morning and returned with a well-earned victory. St Bede's were dominant in midfield with Kwame and Padraig linking up to maintain possession and transition to the final third. They took the lead after smart interplay between Kwame, Justin and William saw Kwame one on one with a defender in the box. He dropped his shoulder, beat his man and powered the ball into the bottom corner.

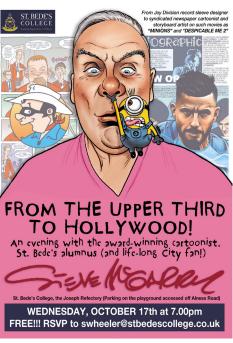
Altrincham adjusted their defensive shape and sat in deeper to restrict St Bede's opportunities at the beginning of the second half. They also introduced a powerful striker which made life more difficult for Louie, Danny and William. Altrincham managed to level things up following a scramble after a well struck free kick. St Bede's continued to battle hard and again dominated the ball winning a number of set pieces towards the end of the game. This allowed them to retake the lead after Benat's corner fell nicely to Harry O to smash it in at the back post. William received the man of the match for winning all of his 50/50 duals and linking with his winger to great effect on many occasions.

The U13 hosted Altrincham and a fantastic first half of football ensued. Both teams played well and battled to control the game. Two superb goals from either side including a composed finish from Gabriel meant the teams went in at 1-1. After the break Altrincham managed to win the midfield battle and went on to dominate the game adding two more goals to seal victory. Sonny was man of the match for St Bede's showing superb distribution skills and keeping the team in it in the second half with some wonderful saves.

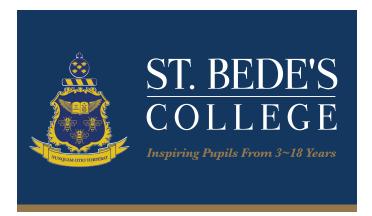
In the U14's game St Bede's started brightly and went 2-0 up with goals from Patrick. St Bede's played some wonderful football and had opportunities to go into the half time break with an even greater lead. Unfortunately having lacked a clinical edge in the first half Altrincham were buoyed by only being two goals down at half time and mounted a great comeback to finish the game 3-2 winners. Dariush was once again a colossus at the back, putting in a man of the match performance.

The U15's and 2nd XI were weakened by a number of injuries and a Sixth Form Biology trip. They endured a difficult weekend against very strong opposition which would see them both suffer heavy defeats. Both sets of lads battled tirelessly throughout the games and the U15's were rewarded with a fine goal when Ben fired a free kick home.









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Waste Mangement

This week the first of our Upper Fourth Geography classes headed off to Longley Lane Recycling Centre in Wythenshawe, to learn all about how recyclable waste is managed in Greater Manchester. Students listened first of all to a highly informative talk, whereby the leaders at the centre explained how waste is processed and, crucially, which kinds of waste are appropriate to put in each bin. Students then got kitted up in protective glasses, ear defenders, helmet, hi-vis jacket and gloves before entering the Material Recovery Facility. This was a fantastic opportunity to see Geography in action, as well as illustrate the sustainability issues we have explored so far this term. Students and teachers were both shocked and fascinated to see just how much incorrect waste was entering the site – bike tyres, plant pots, hosepipes – you name it, we saw it! This visit helped to stress the importance of individuals taking responsibility for waste management and how we all



have a duty to educate others about making the correct decision, before putting something in the bin.

Our top tips for waste management:

- Don't throw bottle lids in the recycling bin these should go in the general waste bin
- Tie a biodegradable food waste bag around your garden waste bin to indicate that your household requires more bags
- Think before you buy: If we can cut down the amount of waste entering our homes, this will reduce the burden of waste management



During September, all Upper Third pupils chose a book they would like to own from the collection of 15 books on offer to them as part of the Bookbuzz scheme. Pupils watched a film of the authors talking about their books and examined the books on offer carefully before making their decisions. The books were ordered and their brand new copies have now arrived.

Bookbuzz is a reading programme from Booktrust designed to help schools encourage reading for pleasure and develop a reading culture. Organised by the Librarian, St Bede's has been delighted to take part in the scheme for the last nine years.

Mrs Sullivan's English class were delighted to be the first to receive their books

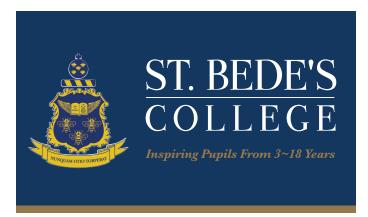


Marian Procession

Pupils, parents, families, staff and governors joined together to do a walk of witness on Saturday 6 October through the streets of Manchester. The Marian Procession was greatly attended by the faithful of Salford Diocese and St Bede's College led the way with many passers by stopping to watch in awe. St Bede's College had the privilege of leading the Angelus prayer for the thousands gathered together led by Bishop John.







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Hannah For Tennis!



Hannah from Lower Fourth continues to make her mark within the East Cheshire Under 14 tennis squad who were victorious last weekend against the West Cheshire squad.

Hannah is pictured with the trophy and her Head Coach, Phil Spence.



The ticket office opens on Tuesday 16 October via SIMS Agora.

Tickets cost £8.00 each.

BBC Opportunity Knocks

Before heading over to the London Reunion, Mrs Pike and Mr Peden took the opportunity to catch up with Bedian Alumnus Dave Walters, Class of 1990 at the BBC headquarters, New Broadcasting House. Dave is Head of Systems and Services, Radio, and Archive at the BBC.

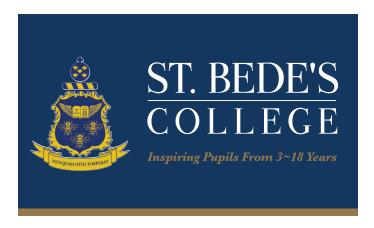
Mrs Pike and Mr Peden were keen to learn about both the BBC apprenticeship and degree apprenticeship programmes available to our students and also to explore the opportunity for the London enrichment trip in 2019 to include a tour of the BBC.

Whilst there, they visited the Radio 1 and Radio 4 studios, watched the TV news room in action and saw Jordan North broadcasting live. Mr Peden was delighted to receive a copy of that day's shipping forecast and to hear the continuity announcer rehearse those immortal words... Viking Southeasterly 6 to gale 8, rough or very rough...









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Wellbeing

All of our pupils benefitted from spending time with Julie Paterson this week. Physical and mental health was discussed during the presentation. Pupil were given top tips for building their emotional toolkit. Sleep, a balanced diet and physical exercise are all key to happiness. Digital technology is a challenge to pupils and does have an effect on sleep patterns. The College recommends no screens for two hours before bed and that phones should not be taken or charged overnight in bedrooms. Pupils will be supported throughout the term with well being tips.

Top Tips:

- 1. Talk about feelings.
- 2. Keep active.
- 3. Eat well.
- 4. Keep in touch with friends and family
- 5. Ask for help
- 6. Take a break.
- 7. Remember what is important to YOU.
- 8. Be kind to yourself.



Mooch With A Pooch

Once again, the freezing Sunday morning crept up quickly, Magdalene's annual Mooch with a Pooch was upon us. As we stood tying balloons and setting up tables, hindered by the icy breeze, it was hard to imagine the event in full swing. But with the arrival of a few muchloved, lively members of the St Bede's community, accompanied by their humans of course, things quickly improved. It wasn't long before the runners gathered eagerly on the start line, with many of our own staff making an appearance. Having walked just one lap of the course before hand, I have to commend all those who ran, as I can say with certainty I could not have ran even two laps, never mind five...

Ryan took first place with a time of 20:17, whilst Ross was the first student to cross the finish line with a fantastic time of 21:17. The history department battled it out and, despite Mr Power's valiant effort, Mr Lee just triumphed, taking 6th place, time 22:35 and the first teacher to finish. Once again congratulations to all who ran, it was not an easy task.

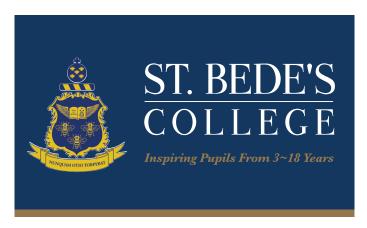
This year we had the joy of a live band, Loose Change, who outshined our brief 'dog-themed' playlist, and really made a difference to the day. Mr and Mrs Prince's Dog Tombola was just as popular as last year and our Sixth Form Charity Team were also there supporting the cause. It was brilliant to get people from all across the college and all houses involved. There were some stars in the costume department as well, including a fabulous penguin who won



1st place. Of course none of this would have been possible without the hard work of Mrs McCormick and Mr Wright, who deserve special thanks for making the event such a success. Not only was the day an opportunity to have fun and get together as a College, we also managed to raise £649.20 for Cancer Research, a charity which is so close to everyone's hearts and whom we have decided to support again this year.

On behalf of Magdalene House, I would like to thank all those who came on Sunday, or contributed, and all staff who helped to organise the day, as without you there would be no events.

Please click on the link for pictures from the day www.sbcm.co.uk/gallery/mooch-pooch-2018/



BEDE'S NEWS PREP SCHOOL

Tel: 0161 226 7156 www.sbcm.co.uk

Health And Wellbeing Day 2018

The whole Prep School took part in activities for Health and Wellbeing Day 2018. It is the first time the Prep has taken part in such an important date in the calendar. It is important that all the Bedian Community understand the importance of living with a healthy body and a healthy mind.

The day was filled with various activities from Nursery to Prep 6 which included the day starting with "Wake Up! Shake Up!". The children enjoyed taking part in self-esteem yoga, mindfulness meditation, a presentation from Nurse Taylor on keeping healthy, fruit and vegetable blind-tasting and a talk from Mrs Julie Paterson a Health & Wellbeing Specialist. The whole school came together to take part in a mile run around the playground at lunch time.

Everyone took so much away with them from the day. They learned how it is so important to ensure that they are all taking steps to be healthy mentally as well as physically. We look forward continuing Health and Wellbeing Day next year and every day.



For more images follow this link: http: www.sbcm.co.uk/gallery/health-wellbeing-day-2018/

Breast Cancer Awareness Day 2018



The Campion House charity this year is Breast Cancer Awareness. On Wednesday 17th October, they will be holding a coffee and cake afternoon to raise money for this good cause.

Please come and support us from 2:45pm-3:30pm in the Dining Hall.

Wear something PINK on Wednesday to school, you could wear pink socks, a pink tie, a pink headband, a pink hat or a pink cardigan. Wear your uniform as normal and we welcome any donations that day. Campion House will also be

selling Breast Cancer wristbands and pins all next week for £1.

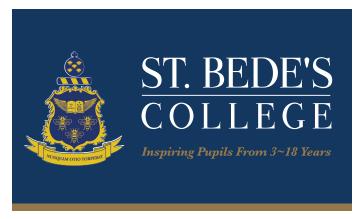


All Campion members will get the opportunity to decorate some cakes for the fundraiser and they are also invited to take part in the 'St Bede's Prep Campion Bake Off' If you would like to enter, please bring your tasty creation to the Prep office on Wednesday morning. It will be judged and then sold in the cake sale. There will be prizes!!

Under 10 Boys Football Finalists

On Friday 28 September St Bede's Prep hosted an annual Under 10 Football and Netball tournament. There were several schools invited and the Under 10 football team put on an impressive display in reaching the final. Daniel and Jacob stepped up from Prep 4 and did a superb job playing alongside the boys from Prep 5. The team finished top of their group beating Forest school and APS and qualified for the final where they were narrowly beaten by The Ryley's 1-0. It was a very competitive final where neither team deserved to lose and it was an outstanding performance by all of our team on the day.





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Annual AJIS Cross Country Competition

Last Wednesday St Bede's travelled to Rossall school in Fleetwood for the annual AJIS Cross Country competition. The children walked the course before the race so they could customise themselves to it.

They would have to run up a sand bank and along dunes with, then descend and circle around a church before turning onto a flat end of the course and head for the finish.

The children ran well and competed in every race.

Ophelia in Prep 6 achieved a fantastic fifth place while Joshua in Prep 4 finished eighth. Congratulations to all who took part.







Prep 5 Hi-5 Netball Tournament

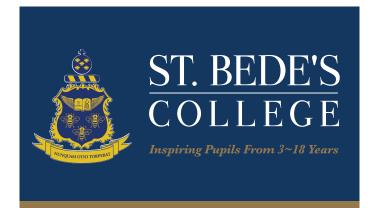
The Under 10 High Five Netball tournament was held at Brantingham Road sports fields on Friday 28 September.

St Bede's played five other schools they experienced playing all positions on court. The first game was against Pownall Hall Prep and was end to end with both schools creating numerous chances to score however it ended scoreless.

The team grew in confidence led by their Captain Kitty and went on to beat Greenbank Prep, Hale Prep and St Catherine's.

The tournament finished with a fantastic third place for St Bede's





BEDE'S NEWS PREP SCHOOL

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CLASS OF THE WEEK - Prep 4



STARS OF THE WEEK



HOUSE POINT WINNERS



HAPPY BIRTHDAY!

Nursery: Matteo Reception: David Prep 2: Xander

Prep 3 : Sophie, Lucy & Francesca

Prep 4 : Orin Prep 5 : Brandon Prep 6 : Elsie

Notices

Please don't forget to complete our parent questionnaire following the letter sent out on Wednesday. This is completely anonymous and we value your feedback..

Tomorrow is our Prep Open Morning everyone is very welcome 9.30 - 11.30am

