



### HEADTEACHER'S MESSAGE



This week the theme for my assembly was the message from Pope Francis – Do you want to Fast this Lent? As a child I would give up sweets during Lent, but as we face our second Lent coping with the challenges of the pandemic, our world will become a kinder place if we follow the guidance on fasting from Pope Francis.

Well done to everyone on another week of remote learning. One more week to go before we welcome everyone back from 8 March 2021. I know that everyone will be really looking forward to seeing each other.

Good luck to Miss Singleton, Mrs Meakin, Aaron and Niav with their CAFOD walk for water.

Enjoy your family this weekend and try to keep away from screens!

**Mrs S Pike**  
Headteacher

### Theme of the Week

Theme of the Week

## Transfiguration

"This is my Son, the Beloved." (Mark 9:7)



**Challenge:**  
The disciples enjoyed a moment of awe and wonder as they climbed the mountain with Jesus. Jesus began to shine so brightly and Moses and Elijah appeared. The disciples heard the voice of God. Moments later everything was as normal. We can all have significant moments in our lives that we never forget. We get a glimpse that we are a part of something bigger; we feel God's glory. This week we focus on prayer, talk to God, spend time gazing at the stars, watching the sunset, listening to music and allow God to speak to you in that special time as we begin our journey to Calvary with him this Lent.

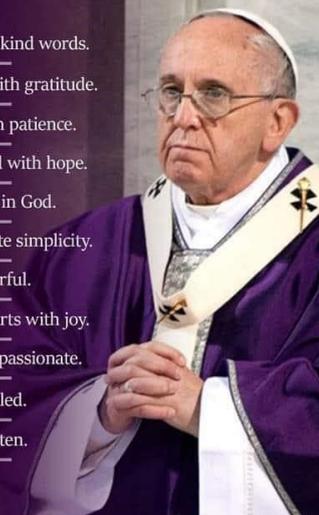
**Prayer:**  
Lord Jesus, as we begin the journey of lent, strengthen me with moments of awe and wonder to sustain me on my way. Amen



## DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.



## Activities for Parents and Families During Lent

# SYCAMORE

Are you interested in learning more about the Catholic Faith?

Each Tuesday during Lent there will be the Sycamore course via Zoom. This is an informal course for parents about the Christian faith and its relevance for life today. Each session involves a short film and time for discussion. The course will be every Tuesday from 7.30 - 9pm please email [formation@ourladyofhope.org.uk](mailto:formation@ourladyofhope.org.uk) to register your interest and receive joining instructions. Everyone is welcome.

For more information on the course see <https://www.sycamore.fm/about-sycamore/what-is-sycamore/>

## Lent Resources



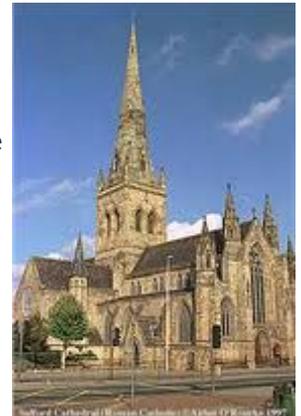
The Diocesan Department for Formation has compiled a pack of resources, Celebrating Lent in Lockdown, to help us sustain our prayer life this Lent. You can find these at:

<https://www.dioceseofsalford.org.uk/lent-in-lockdown-resources/>

## Choral Vespers

**Livestreamed Choral Vespers from the Cathedral**  
**The Office of Vespers, the traditional Evening Prayer of the Church**

As we begin our Lenten journey, our Cathedral Choral Scholars will lead us in this communal prayer as we sing the Office of Vespers beginning on Tuesday and Thursday at 5pm. This will initially be live streamed only. The order of service can be found on the cathedral website. The live stream can be accessed via the cathedral website: [www.salfordcathedral.co.uk](http://www.salfordcathedral.co.uk)



## Caritas Lent Appeal

Pray, Fast, Give: This year we will be raising money in the College for the work of Caritas in our St Joseph's Penny Appeal. Pupils will be invited to be siLENT for 1 hour per evening and during that time create a reflective piece of work. We are asking pupils to gain sponsorship from family and friends and donate online using the JustGiving page for St Bedes College Families.



Caritas invites all parishes to join us in daily prayer during Lent by accessing the prayers written by pupils in our schools on the key themes of Catholic Social Teaching. Please go to <https://www.caritassalford.org.uk/serviceview/sjp2021/>

## CAFOD Family Fast

This Friday 26 February we mark CAFOD's Family Fast Day, a day on which we are invited to pray, fast and give to help people in need.

Whatever you are able to give will help vulnerable communities around the world have access to clean water and provide other vital support. You can also donate online through the CAFOD website [www.cafod.org.uk](http://www.cafod.org.uk) or by text. Text LENT to 70460 to donate £10.



**Fast, pray and give**

## Global Healing Talks

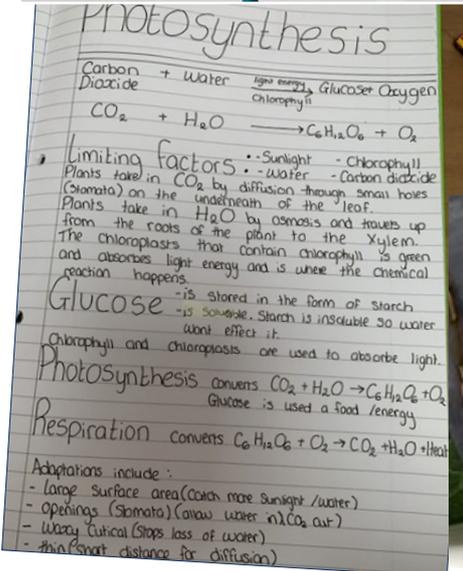
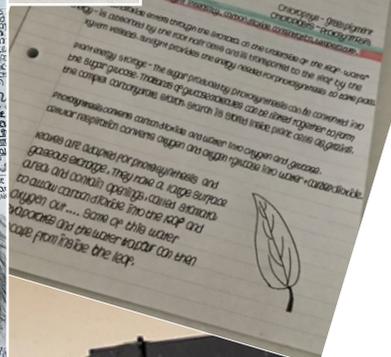
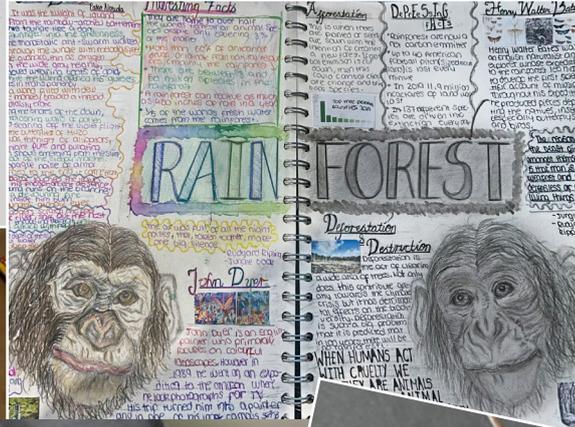
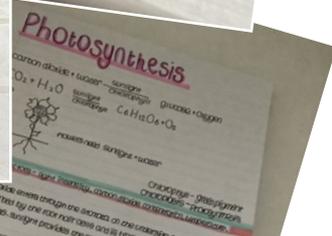
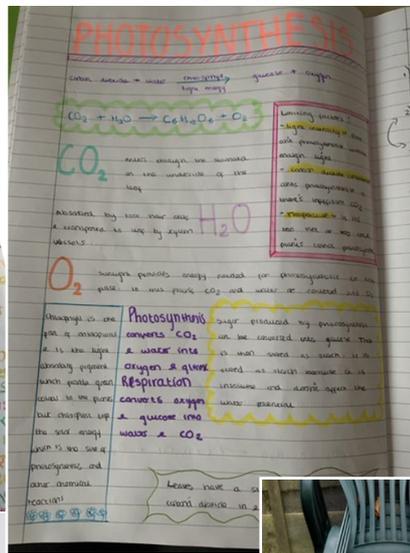
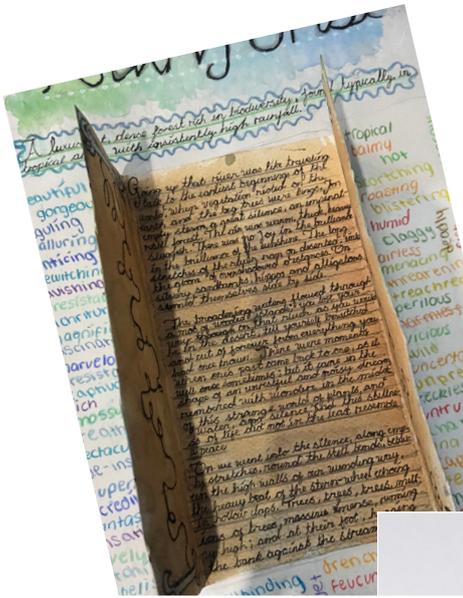
This series of reflective evenings, using the film-based resource Global Healing, continues on Thursdays through to 25 March (7.30pm - 8.30pm).

For further details, email [jane@catholicclimatemovement.global](mailto:jane@catholicclimatemovement.global).



## Remote Learning 2021

Our pupils have continued to produce some outstanding work, here are some examples from Art, Science, Technology and Biology.





## Headteacher's Commendations



U3 DVS	Lulu	Science
U5 SMI	Tom	Form Tutor
U4 SRE	Dara	Drama
U4 JON	Kamwana	Drama
L5 SIN	Niav	Art
L5 SIN	Aaron	Art
U4 SRE	Ndirira	GCSE PE

U4 SRE	Daniel	GCSE PE
U4 LIV	Harry	GCSE PE
U4 YEA	Elena	GCSE PE
U4 SRE	Jaden	GCSE PE
L5 KAN	Samson	GCSE PE
L5 KAN	True	GCSE PE
L5 DUN	Charlie	GCSE PE

St Bede's College

The place to be

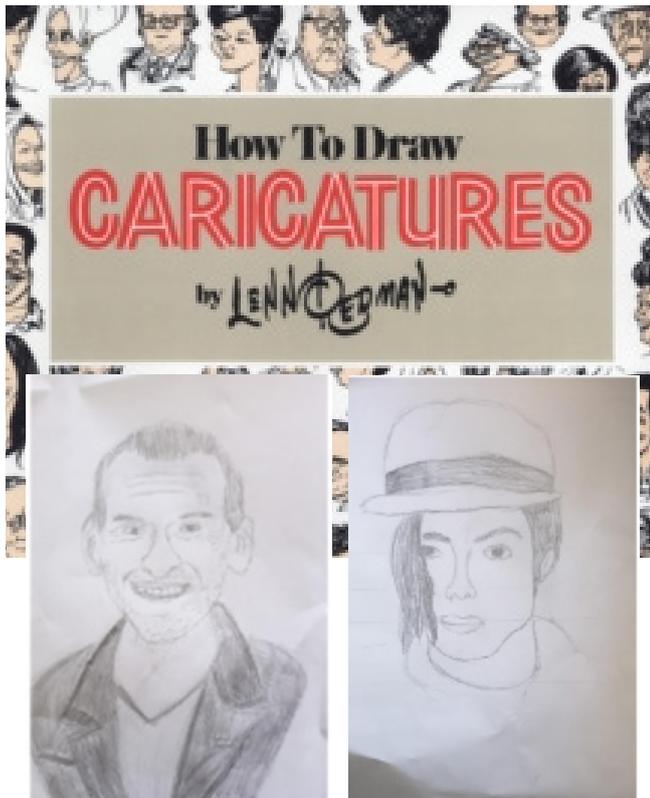
[sbcm.co.uk](http://sbcm.co.uk)



### Lockdown Reading

This recent addition to our EBook collection shows caricatures by a variety of artists, explains how to draw head shapes, eyes, ears, noses, and expressions, and compares caricatures with photographs of each subject.

Josh from Upper Third recently borrowed the book and produced some fantastic drawings of Michael Jackson and Christopher Eccleston. Well done, Josh!



For pupils who prefer a printed book to read, now is the time to look at Accessit, our Library catalogue, and reserve the books they would like waiting for them on their return to College.

# Accessit

### Mrs Yearley - Design Technology

Hello everyone,

My Name is Mrs. Yearley, and I am the newest member of staff to Join the Art and Design Technology Department at St Bede's College. It is unfortunate that I have not yet had the opportunity to meet the Pupils in person, but I have thoroughly enjoyed teaching many of you remotely so far. I am looking forward to meeting you all when we are eventually able to return to school. I have been teaching in Catholic Schools for the last ten years and I am delighted to be part of the St Bede's College Catholic Community.



I have always lived in Greater Manchester. It is a wonderful place to live and work. I originally studied interior architecture and I have always had a passion for design. I enjoy anything creative, much to my children's delight. There have been many cakes baked and craft projects created in my home during the last 12 months. Aswell as many home improvements!

Like many of you I have worked through the pandemic and home schooled my children. It has been a challenging time but personally it has been a fantastic start to the year, with a wonderful opportunity to work in an excellent school and I am excited for the future.

Mrs Yearley

St Bede's College

The place to be

[sbcm.co.uk](http://sbcm.co.uk)

Family Tours Available

Contact: [admissions@stbedescollege.co.uk](mailto:admissions@stbedescollege.co.uk)

## CAFOD Walk For Water

As a form we have decided to partake in the CAFOD walk for water challenge. During the period of lent we have decided to walk 70,000 steps a day collectively (along with Mrs Meakin and Miss Singleton) in order to raise money for the challenge. This may sound easy but as many of you may know, lockdown means that we are doing much less exercise than normal so finding the motivation to go out on a walk or run is proving to be quite difficult.



You may be wondering why we are doing this? Well, CAFOD has set up this challenge so that they can provide clean water for those who need it the most. Many children in countries such as Ethiopia are forced to walk for hours each day to provide water for their families which most of the time will make them very ill. So, during these forty days of reflection during the period of Lent, we will be walking for these families with the hope of raising money so that they can have fresh water provided for them. Water is a necessity which we take for granted so please take part or donate in this challenge.

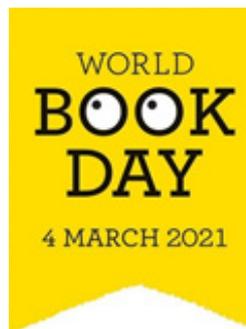
We very much hope to raise £750 which will provide a whole village with safe access to clean water. Please help us! You can donate by going to our JustGiving page: <https://walk.cafod.org.uk/fundraising/RE-Walk-For-Water>

Thank you.

Aaron and Niav - L5 SIN

## World Book Day 2021

We will be celebrating World Book Day on Thursday 4 March. Vouchers will be made available digitally and can be spent on special £1 books or to reduce the price of other books. Unfortunately, specialist bookshops are still closed, but most large supermarkets are taking part. Mrs Poolton also has a supply of printed vouchers so pupils can wait until they return to College to receive one of these if they prefer.



Our "Staff Behind the Books" competition will also be launched next week. Here is another glimpse at one of the participants. Who might it be?

We are also inviting pupils to send in photographs of themselves reading a favourite book. It could be an old favourite from younger childhood or something more recent. The photos will be displayed in the Library and faces can be visible or hidden. Any pupil who sends in a photo will be entered into a draw to win some great prizes. Entries can now be sent to [kpoolton@stbedescollege.co.uk](mailto:kpoolton@stbedescollege.co.uk) Pupils will be emailed with a link to their £1 token and the full version of the "Staff Behind the Books" competition next week.

Mrs Poolton

### Tik Tok

The Tik Tok phenomenon has swept around the world in recent times, especially during lock down when people have had so much time on their hands stuck at home! But what is Tik Tok? Tik Tok is a social network for sharing user-generated videos, mostly of people lip-synching to popular songs. It was originally called musical.ly (pronounced MU-zik-lee). Users can create and upload their own videos where they lip-synch, sing, dance, or just talk. You can also browse and interact with other users' content, which covers a wide range of topics, songs, and styles. These videos can be grouped by hashtags, which often correspond to challenges or memes.

Most Tik Tok's are just about copying some dance moves or singing along to a popular song, and this is where some of the content can start to become inappropriate – over sexualised dance moves and inappropriate lyrics are a common theme within the Tik Tok world. There is an easy way for you to check what your children are putting on Tik Tok and who can see it. Without creating an account it is possible to download the Tik Tok app or go to [www.tiktok.com](http://www.tiktok.com) and search for your child's username. If you are able to see their videos, then their privacy settings are not what they should be as that means anyone can see their videos! There have been a few pastoral issues with Tik Tok in school and a quick search has enabled us to see the evidence of what pupils have been sharing online. Tik Tok does have an age restriction of 13+, however, there are so many younger users on the platform, including students of St Bede's. Follow this steps below to ensure your child's privacy settings are what they should be.

To make your Tik Tok account private, go to your profile page and select the three-dot icon in the top-right corner. Select Privacy and Safety. There, toggle the switch for "Private Account." You can also select who can send you comments and direct messages, and who can do a duet with you. Using the "Friends" setting or turning those features off completely limits contact with strangers. Tik Tok allows parents to set time limits, filter mature content, and disable direct messaging for children's accounts. You can enable time limits and the content filter on your child's phone and protect the settings with a passcode, but to disable direct messaging you need to use the app's Family Pairing feature. Family Pairing also gives you access to time limits and content filter settings. You'll need your child's phone to sync the settings.

Here's how to enable screen limits and filter content: Go to your child's account and tap the three dots at the top right of the user profile. Then select "Digital Wellbeing" next to the icon of an umbrella. From there, select the features you want to enable: Screen Time Management. This setting limits users to a maximum of two hours on the app per day, but you can limit it to 40 minutes. If you're only enabling this on your child's phone, choose a passcode to lock the setting.

Restricted Mode. This blocks mature content, but even with the filter on, children using the app on their own might come across age-inappropriate videos. Lock the setting with a passcode.

To set up Family Pairing so you can manage the above settings plus disable direct messaging, first download Tik Tok onto your phone and create an account. Then, make sure you have your child's phone and their Tik Tok log-in handy.

Family Pairing. On both phones, tap the three dots next to the user profile; tap Family Pairing and sync your account to your child's via the QR code.

Keep in mind children can always re-download Tik Tok and create a new account using a different phone number or email address, so any controls you enable aren't fool proof.

**Mr Parker**

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one app of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



**What parents need to know about TIKTOK**

**AGE-INAPPROPRIATE CONTENT**  
Most videos appearing on a child's feed are 15m and are created by teenagers. Some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – so it is possible for a child to be exposed to explicit and age-inappropriate content.

**EXPLICIT SONGS**  
TikTok primarily revolves around videos of users lip-synching and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view these videos and want to imitate any explicit language or suggestive actions.

**TIKTOK FAME**  
The app has created its own celebrities. Charli D'Amelio and Livy Le, for example, were contacted to feature by brands and became "TikTok famous". While most aspiring stars hoping to be the next big thing will find it difficult, others may in turn prompt them to go to avoid more drastic lengths to get noticed.

**HAZARDOUS VISIBILITY**  
Connecting with others is simple on TikTok – including commenting and replying to users' videos. Leaving their profiles and downloading their content. The majority of these interactions are harmless, but – because of the abundance of teen users – TikTok has experienced problems with predators contacting young people.

**ADDICTIVE NATURE**  
Like all social media, TikTok is designed to be addictive. It can be highly entertaining, but this also means it can be addictive. As well as the purely nature of the most video format, the app's ability to keep you intrigued about what's coming next means it's easy for a 5-minute visit to turn into a 45-minute stay.

**IN-APP PURCHASES**  
There's an in-app option to purchase "TikTok coins", which can be used to purchase "diamonds" for other users. These diamonds can be used to purchase "gifts" to other users. These gifts can be used to purchase "gifts" to other users. These gifts can be used to purchase "gifts" to other users.

**Advice for Parents & Carers**

**TALK ABOUT ONLINE CONTENT**  
Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app, and their opinion on what's appropriate and what isn't. Explain why your child's personal details on their profile or in their videos are important. Encourage them to be careful about what they post and who they share it with. Encourage them to be careful about what they post and who they share it with.

**MAINTAIN PRIVACY SETTINGS**  
In early 2020, TikTok changed the default setting for all users to "Private". This means that only you and your child can see their videos. Encourage your child to keep their account private. Encourage your child to keep their account private.

**LEARN ABOUT REPORTING AND BLOCKING**  
With the correct privacy settings applied, TikTok is a relatively safe space. However, if you do encounter content that you feel is inappropriate, you can report it. Encourage your child to report any content that they feel is inappropriate. Encourage your child to report any content that they feel is inappropriate.

**ENABLE FAMILY SAFETY MODE**  
Family Safety Mode lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings, including limiting screen time and managing their ability to exchange messages (one-way only) and block a list of age-inappropriate content.

**USE RESTRICTED MODE**  
In the app's Digital Wellbeing section, you can filter out language that contains explicit content or language that contains explicit content. Encourage your child to use Restricted Mode. Encourage your child to use Restricted Mode.

**MODERATE SCREEN TIME**  
As entertaining as TikTok is, you can help your child to manage their screen time in the Digital Wellbeing section. Encourage your child to use Screen Time Management. Encourage your child to use Screen Time Management.

**Meet our expert**  
Parvinder Kaur is a social media expert and digital media consultant who is passionate about keeping digital safety for parents and children. She has extensive experience in the digital media space and is the founder of Kids & Clicks, a web resource that helps parents and children thrive in a digital world.

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @nationalonlinesafety

## Mrs Hunt's Message



Dear Jesus,

Thank you for showing me just how much I am loved. Be near me today, lighting up my life with your love. Please brighten the days of anyone who is lonely, ill or worried.

Amen.

<https://youtu.be/s8noDNgHy8A>

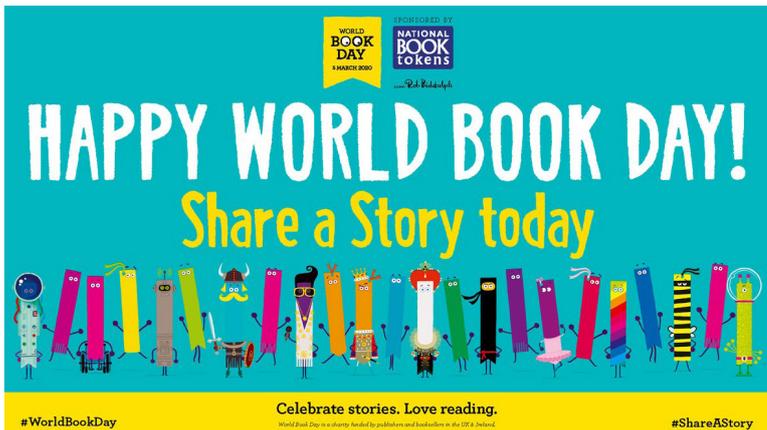
## World Book Day

Join us for World Book day on Thursday March 4. Class teachers will be setting activities for the children to carry out. The theme this year is share a story; send in pictures of children reading to and with their brothers, sisters, or parents. Maybe they could build a little 'Reading Den' where they can relax with a book. Whatever they do remember to share their World Book day activities with us and send in photos to Mr Joyce-O'Keeffe at: [jjoyceokeeffe@stbedescollege.co.uk](mailto:jjoyceokeeffe@stbedescollege.co.uk)

## Socially Distanced Tours



We are currently conducting socially distanced meetings with our prospective pupils. From Monday 8 March we will resume socially distanced tours. Please contact [prepschool@stbedescollege.co.uk](mailto:prepschool@stbedescollege.co.uk) for September 2021 admissions.



St Bede's Prep  
The place to be  
[sbcm.co.uk](http://sbcm.co.uk)

Family Tours Available  
Contact: [prepschool@stbedescollege.co.uk](mailto:prepschool@stbedescollege.co.uk)



### Prep 5 - Remote Learning

Over the last half term Prep 5 have been working so hard and submitting some fantastic work they have carried out. In English they were studying Fairy tales, designing their own kingdoms and writing detailed descriptions of elves, sprites and wizards. In Art the children have studied Graffiti artists such as Banksy and created their own unique 'tag'. For STEM learning Prep 5 have looked at air resistance (making parachutes), aerodynamics (paper planes) and the different materials used to ensure objects land safely when parachuting. The humanities topic this term is 'Earthquakes'. The children have investigated the layers of the earth, Pangaea, tectonic boundaries and the different types of causes of earthquakes. We have been so impressed with the quality and effort Prep 5 have put into their work.

The first paperplane flew in the air for 1.89 seconds and won second in the paperplane race



The second paperplane flew in the air for 1.46 seconds and won first in the paperplane race

The third paperplane flew in the air for 1.93 seconds and placed third in the paperplane race

