



ST. BEDE'S COLLEGE

Bede's News

14 May 2021

HEADTEACHER'S MESSAGE



Over the last year there has been a lot of discussion about well-being. This week as we celebrate Mental Health Awareness week, I would encourage everyone to spend some time exploring nature. Thank you to everyone who has contributed to the celebration of the Ascension on Thursday and the beautiful displays we have for Mary.

Mrs S Pike
Headteacher

Theme of the Week

Theme of the Week

Ascension

"I say these things to share my joy with them to the full."
(John 15:13)

Challenge

Thursday is the Feast of the Ascension of the Lord. The disciples stood in awe as Jesus ascended up to heaven. Jesus has not disappeared, he has not died again, Jesus is alive! This week take time to ponder Jesus alive in your life.



Prayer

Lord Jesus, yours is the name that is above all other names. You are the one in whom all our hope lies. Lord prepare me for your kingdom and help me to remember that my home is with you. May my eyes be fixed on heaven, where you are seated as king. Mary come be a mother to me. Amen



St Bede's College

The place to be

sbcm.co.uk

Year Five Taster Day Saturday 26 June

Contact: admissions@stbedescollege.co.uk

Mental Health Awareness Week

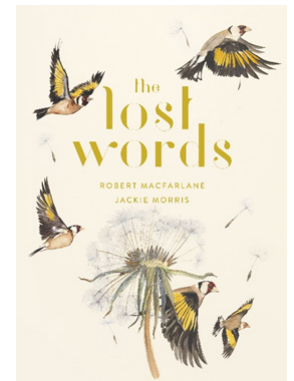
As many of us discovered during lockdown, contact with the natural world through walks, watching things grow or even just listening to birdsong has a positive influence on our mental health. This thinking is behind the choice of Connecting with Nature as the theme for this year's Mental Health Awareness Week.

To fit in with the theme, we now have some Library plants which have been used in the display which marks the week and our pupil Library Assistants have been tasked with the challenge of keeping them alive over the coming months!

All week, pupils have also been invited to take part in some mindful lunchtime activities including drawing the view from the Library window, colouring bookmarks and creating origami animals.

We mustn't forget the positive effect reading can have on mental health and this week we have focussed on some brilliant books celebrating nature.

Mrs Poolton



Mental Health Awareness Week - Finding Awe in Nature

'There is something to be wondered at in all of nature.' - Aristotle

This week has marked national Mental Health Awareness week. In College, we have been discussing ways in which we can safeguard our mental health, both in school and at home.

Though Covid-19 hasn't completely left us, life seems to be returning to some sort of normality. However, with this return, so return more of the usual day-to-day pressures that took a back seat to Covid for a while.

One source of solace that we all looked to over the last year and a half has been nature. This was therefore selected as the theme of choice for this year's Mental Health Awareness Week. Whether it's a house plant, your garden, the local park or somewhere further afield, we all have access to nature and the benefits it brings. Nature is not only able to bring consolation in times of stress but also increases our creativity and empathy, as well as evoking a sense of wonder.

Experiencing awe and wonder is just one way in which we can transcend our daily stresses. Other ways include mindfulness exercises or finding a purpose outside of ourselves, such as religion or a vocation.

Hopefully, each of you will find some time this weekend to find awe in the nature around you and will be able to start next week de-stressed and ready to face new challenges.

Mr Hughes

Head of Lower Fifth

<https://www.mentalhealth.org.uk/>

<https://www.mind.org.uk/>

<https://www.nspcc.org.uk/>



Summer Athletics Festival

What a lovely moment last Friday 7 May, supervising a group of Upper Fourth athletics pupils onto a coach heading to sports city. Still masked and socially distanced, but there was a lovely, excited buzz from the motivated girls and boys. They had been back practicing on Monday and Wednesday evenings at our sports field on Brantingham road since returning to school. This however was one stage further. Despite the weather being cold and showery the boys and girls were thrilled to be competing again against other schools. Although, limited social interaction, there were lots of smiles and friendly greetings between pupils at the various schools. The events were track and field and the pupils were able to participate in two events plus a relay, this meant they had a very engaging afternoon. As always, the children represented the college well, behaviour exemplary. There were no results as it was a "festival", but the pupils were still highly competitive and performed well.



Finishing in the top four places from twelve schools competing in many of the events. We are heading out again this Friday with the Lower Fifth pupils and are hoping for better weather. However, you will think I was joking about the weather when you see the photos... the sun came out briefly for a photo opportunity.

Mrs McCormick

Events for the Month of May

Tuesday 4	Form Quiz - Our Lady Eucharistic Service, led by L4BGY, LVR, MRL - 1.10pm
Wednesday 5	Eucharistic Service - 8.35am Christian Meditation - Break - Sixth Form Quiet Room TikTok Christian Dance Challenge - 1.30
Thursday 6	Holy Rosary- Chapel - 1.15
Monday 10	'Light Fever', Come and light a candle - Chapel, 11.05am ALPHA - (Sixth Form and U5) - R13, 1.05pm
Tuesday 11	L4 Pupil Chaplains - Create a stone of Hope - Break Eucharistic Service led by L4PAT, POG - 1.10pm
Wednesday 12	Eucharistic Service All Welcom e - 8.35am Christian Meditation - Break - Sixth Form Quiet Room Lectio Divina - Library - 1.30
Thursday 13	Holy Rosary- Chapel - 1.15
Monday 17	U3 Pupil Chaplains - Create a stone of Hope - Break ALPHA - (Sixth Form and U5) - R13, 1.05pm
Tuesday 18	Scripture Tombola on Tour- Break Eucharistic Service led by L4DUN, KAN, MIC - 1.10pm
Wednesday 19	Eucharistic Service - 8.35 Christian Meditation - Chapel, Break Pentecost Activities - Masters Lawn - Lunch
Thursday 20	Holy Rosary- Chapel - 1.15
Monday 24	ALPHA - (Sixth Form and U5) - R13, 1.05pm
Tuesday 25	THE FEAST DAY OF SAINT BEDE THE VENERABLE College Celebrations and Collective Worship Eucharistic Service, led by L5PRH, PSK, SIN, SMT - 1.10pm
Wednesday 26	Eucharistic Service - 8.40 SPRING OF HOPE - 'GROWING A TREE' - Masters Lawn - Break
Thursday 27	Holy Rosary- Chapel - 1.15

Our Year Five Taster Day is approaching fast

Saturday 26 June from 9.30am.

Please contact Rachael or Helen to secure a place at this fun event.

admissions@stbedescollege.co.uk

0161 226 3323

Omegle – app/website review

<http://www.omegle.com> ▼

Omegle: Talk to strangers!

On this site/app users are connected to random strangers anywhere in the world with no way of checking who they are. This appears to be a hunting ground for predators on the web. I joined a chat to find out what was actually going on, within 30 seconds, without me typing anything, I was told by a stranger that they were about to get naked on a cam and wanted me to join them, after not typing anything the user quickly disconnected. In a second experiment, again without typing anything, I was asked to share various fantasies.

Clearly this is not a child friendly app. These experiments took place on the section of the chat which is meant to have a 13+ age rating, there are then sections where you can enter adult chat only using a verification email and phone number to confirm an 18+ age rating where much more explicit material can be found.

I would highly recommend blocking this website from home WiFi networks and ensuring children do not have the app on their devices. Below are some links if you need help with this.

<https://helpdeskgeek.com/how-to/block-websites-from-your-router-or-using-dns/>

How to easily block a Website or App on WiFi Router Network?

<https://www.youtube.com/watch?v=IWhx8HSInl0>

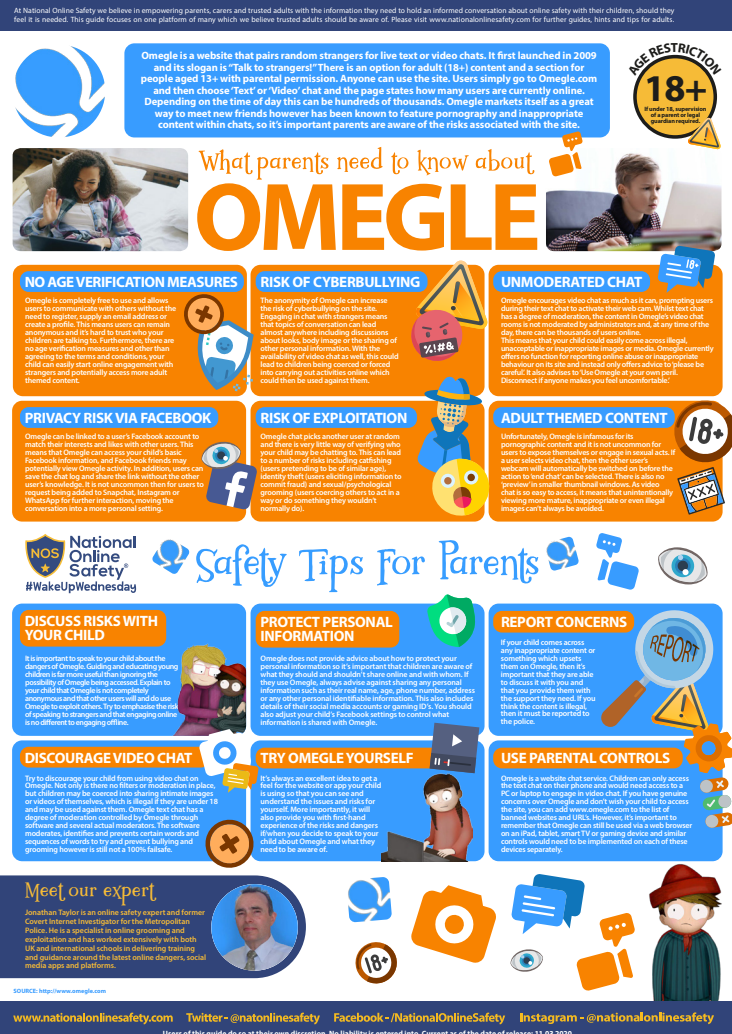
Mr Parker

This is the tag line of the Omegle app/website, automatically alarm bells are ringing. Any app/website with "Talk to strangers!" as a tag line, in my opinion, is one that should be avoided.

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



Omegle is a website that pairs random strangers for live text or video chats. It first launched in 2009 and its slogan is "Talk to strangers!" There is an option for adult (18+) content and a section for people aged 13+ with parental permission. Anyone can use the site. Users simply go to Omegle.com and then choose "Text" or "Video" chat and the page states how many users are currently online. Depending on the time of day this can be hundreds of thousands. Omegle markets itself as a great way to meet new friends however has been known to feature pornography and inappropriate content within chats, so it's important parents are aware of the risks associated with the site.

AGE RESTRICTION
18+
Requires 18, approval of a parent or legal guardian

What parents need to know about OMEGLE

- NO AGE VERIFICATION MEASURES**
Omegle is completely free to use and allows users to communicate with others without the need to register, supply an email address or create a profile. This means users can remain anonymous and log back in next time without agreeing to the terms and conditions, your child can easily start online engagement with strangers and potentially access more adult-themed content.
- RISK OF CYBERBULLYING**
The anonymity of Omegle can increase the risk of cyberbullying on the site. Engaging in chat with strangers means that topics of conversation can lead to arguments including discussions about looks, body image or the sharing of other personal information. With the availability of video chat as well, this could lead to children being coerced or forced into carrying out activities online which could then be used against them.
- UNMODERATED CHAT**
Omegle encourages video chat as much as it can, prompting users during their text chat to activate their web cam. Whilst text chat has a degree of moderation, the content in Omegle's video chat rooms is not moderated by administrators and, at any time of the day, there can be hundreds of users online. This means that your child could easily come across illegal, inappropriate or inappropriate images or media. Omegle currently offers no function for reporting online abuse or inappropriate behaviour on the site and instead only offers advice to please be careful. It also advises to use Omegle at your own peril. Disconnect if anyone makes you feel uncomfortable.
- PRIVACY RISK VIA FACEBOOK**
Omegle can be linked to a user's Facebook account to match their interests and likes with other users. This means that Omegle can access your child's basic Facebook information, and Facebook friends may potentially view Omegle activity. In addition, users can use the chat to share their link without the other user's knowledge. It is not uncommon then for users to receive being added to Snapchat, Instagram or WhatsApp for further interaction, moving the conversation into a more personal setting.
- RISK OF EXPLOITATION**
Omegle chat picks another user at random and does a very little way of verifying who your child may be chatting to. This can lead to a number of risks including catfishing (users pretending to be of similar age) identity theft (users disclosing information to commit fraud) and sexual/psychological grooming (users coaxing others to act in a way or do something they wouldn't normally do).
- ADULT THEMED CONTENT**
Unfortunately, Omegle is infamous for its pornographic content and is not uncommon for users to expose themselves or engage in sexual acts. If a user uploads content and the other user's webcam will automatically be switched on before the action to end that can be selected. There is also no 'preview' to smaller thumbnail windows. As video chat is so easy to access, it means that unintentionally viewing more mature, inappropriate or even illegal images can't always be avoided.

Safety Tips for Parents

- DISCUSS RISKS WITH YOUR CHILD**
It is important to speak to your child about the dangers of Omegle, including not disclosing young children's real name, email address and other personal information to strangers. Explain to your child that Omegle is not completely anonymous and that other users will see who you are. It is not uncommon then for users to receive being added to Snapchat, Instagram or WhatsApp for further interaction, moving the conversation into a more personal setting.
- PROTECT PERSONAL INFORMATION**
Omegle does not provide advice about how to protect your personal information so it is important that children are aware of what they should and shouldn't share online and with whom. If they do share, always avoid sharing any personal information such as your real name, age, phone number, address or any other personal identifiable information. This also includes details of their social media accounts or gaming ID's. You should also adjust your child's Facebook settings to control what information is shared with Omegle.
- REPORT CONCERNS**
If your child comes across any inappropriate content or something which upsets them on Omegle, then it's important that they are able to discuss it with you and that you provide them with the support they need. If you think the content is illegal then it must be reported to the police.
- DISCOURAGE VIDEO CHAT**
Try to discourage your child from using video chat on Omegle. Not only does this reduce the risk of your child being exposed to sharing intimate images or other personal information, which is illegal if they are under 18 and may be used against them, Omegle text chat has a degree of moderation which is not available in video chat. Software and several actual moderators. The software moderates identities and prevents certain words and sequences of words to try and prevent bullying and grooming however is still not a 100% fail-safe.
- TRY OMEGLE YOURSELF**
It's always an excellent idea to get a feel for the risks that your child is using so that you can see and understand what they are doing for yourself. More importantly, it will also provide you with first-hand experience of the risks and dangers involved. We do advise you to speak to your child about Omegle and what they need to be aware of.
- USE PARENTAL CONTROLS**
Omegle is a website chat service. Children can only access the site that on their phone and would need access to a PC to laptop to engage in video chat. If you have genuine concerns about Omegle, you can add www.omegle.com to the list of blocked websites on your phone. However, it is important to remember that Omegle can still be used via a web browser on a PC, tablet, smart TV or gaming console and similar controls would need to be implemented on each of these devices separately.

Meet our expert
Jonathan Taylor is an online safety expert and former Coventry Internet Investigator for the Metropolitan Police. He is a specialist in online grooming and exploitation and has worked extensively with both UK and international schools in delivering training and guidance around the latest online dangers, social media apps and platforms.

SOURCE: <http://www.omegle.com>

www.nationalonlinesafety.com Twitter: @natonlinesafety Facebook: /NationalOnlineSafety Instagram: @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.03.2020

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sbcm.co.uk

Family Tours Available

Contact: admissions@stbedescollege.co.uk

Upper Fourth Entrepreneurs

Our Upper Fourth entrepreneurs are working on their own businesses and trading starts in the next week. Look out for these exciting stalls. More next week.

Mrs Corbett



MONDAYS AND FRIDAYS FROM THE 21ST OF MAY - 25TH OF JUNE

LIMITED EDITION MOCKTAIL MENU

PARTY ON THE BEACH - £2.00
- FRESH MANGO SMOOTHIE ON CRUSHED ICE

PARTY ON THE PLAYGROUND - £2.00
- FRESH RASPBERRIES AND PASSIONFRUIT ON CRUSHED ICE

To get your hands on this AMAZING BEVERAGINO! Be there @ THE SPORTS HALL DOOR on Monday and Friday lunch time: 1-2pm. ONLY £2.00

COMING SOON

Coming Soon

THE CMJ STORE

Stay fashionable and safe

We sell T-shirts and hoodies with matching masks and jewellery

Check out our website thecmjstore.com

 @thecmjstore

- Hoodies £15.95
- T-shirts £12.95
- Necklaces £4.45
- 5pcs ring set £5.95

No Rest For The Wicked

Do YOU have a passion for singing, acting or dancing? Maybe all three?

Join us this summer holiday

13 - 16 July 2021 9.30am-3.30pm for our 4-day course based at St Bede's College, Manchester, M16 8HX.

The total cost of the four day course is £95.00 per person.

Open to ages 8-18.

To register and book your place, and receive further information please email: avs1arts@gmail.com

Places to be registered and booked no later than 1 July 2021

All staff fully DBS checked and certified

Miss Smith



Primary Mathematics Challenge

In November St Bede's Prep 5 and 6 pupils once again joined the thousands of pupils from across the country and beyond participating in the Mathematical Association Primary Maths Challenge. The challenge is designed to make pupils think outside the box and all questions can be solved by logical reasoning rather than just mathematical knowledge.

Six of our top mathematicians were invited to take part in the bonus round in February but due to lockdown the final was unfortunately cancelled.

Instead, pupils were awarded medals based on their scores in the preliminary round.

Congratulations to Rosie, James and Tom on their Bronze awards; and to Stephanie and Edson on their Silver awards. Special congratulations to Patrick who was awarded a gold medal - a fantastic achievement!



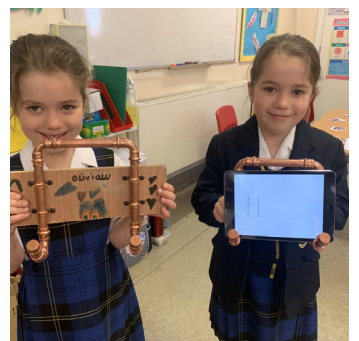
Twin Project

Prep 1 have been learning about Scientists and inventors. We have learnt about the inventor of Lego, modern day zoos and improvements in vet practices.

The children have been looking at inventions at home and they were given a challenge to design a new invention.

Olivia and Saskia went the extra mile and actually created their ideas - Olivia invented a coat hook so she would never lose her blazer and Saskia invented a new ipad stand as the old one kept falling over.

The girls had a wonderful time creating their new inventions and they are very proud of their work!



Boreatton Park

Prep 6 were up with the larks on Monday morning in time to leave school at 7am for their day trip to Boreatton Park.

As the only school on site, we had the whole centre to ourselves. The children enjoyed four fantastic activities over the course of the day- problem solving, raft building, giant swing and archery.

Lunch was a delicious three course meal in the canteen! The children had the opportunity to spend their money on souvenirs (and sweets) in the gift shop.

All the children had an absolutely fantastic time and we were blessed with the sunshine.

Check out our Social Media Pages to see more images of their wonderful day.





*Housepoint Winners & Stars of the Week
Nursery & Reception*



Housepoint Winners and Stars of the Week - Prep 5 & 6



Housepoint Winners and Stars of the Week - Prep 3 & 4 Prep 1 & 2



Class of the Week - Nursery

Monday Motivation

THE SECRET OF
BEING HAPPY IS
ACCEPTING WHERE
YOU ARE IN LIFE
AND MAKING
THE MOST OUT OF
EVERYDAY

Word of the week

Be Happy



PREP 2 **TUDOR**
PREP 4 **JORDAN**

Notices

We politely remind parents that
Late Class closes each day at 5:30pm

Prep 3 trip to Chester Zoo Thursday
20 May

