



## Headteacher's Message



On Monday the lunchtime Piano Recital was amazing a great opportunity to share talent and listen to others. Thank you to the Sixth Form for being generous with their time helping the Upper Fifth. Throughout the week I have seen many positive interactions between our pupils. It is wonderful to see how they enjoy learning from each other and spending time together.

I look forward to welcoming families to the College for Upper Third entry interviews and the EYFS Prep Open Morning.

Mrs S Pike  
Headteacher

## Theme of the Week

### Theme of the Week **Jesus' Mission Statement**



"This text is being fulfilled today." Luke 1:1-4; 4:14-21

**Challenge:**

Why did God send Jesus? Jesus tells us why he was sent by God; to bring "good news to the poor." Jesus doesn't just mean those in poverty but all who seek love. This week let us try to join in Jesus' mission and bring love into our college community by being generous with our time, listening to others and speaking in a positive way about others.



To be able to proclaim the Good News to the poor we must know what is poverty.

— Mother Teresa —

**Prayer:**

Lord Jesus, thank you that you invite us to be a part of your kingdom. Thank you that your kingdom is a place of freedom and love. Help us to create your kingdom here on earth through our words and actions. Amen

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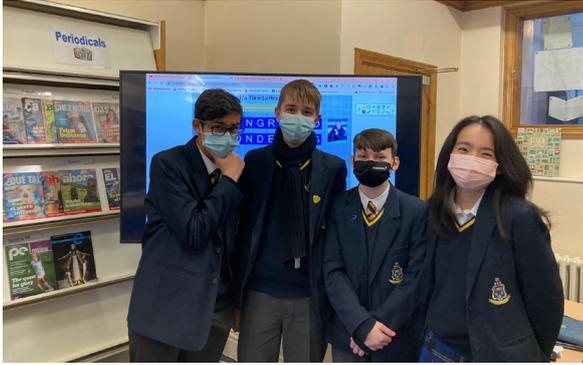
**EYFS Prep Open Morning**

**Saturday 22 January 2022**

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

## Countdown

This Wednesday lunchtime saw Countdown continue with a great contest amongst the Lower Fifth pupils in Siena and Champion. A tight opening round saw both sides on 7 points each. However, Reuben and Maciej began to run away with things leading to a very secure victory for Siena, 36 points to 21.



A huge well done to Jolie and Fergus for representing Champion so well and to Reuben and Maciej for securing the win for Siena. I would, once again, like to thank all the staff who assisted in making it another successful event. Next week Bosco take on Magdalene with the standard set very high already!

Mr Wilson

## Oliver Becomes a 'Political Animal'

This week Political Animals saw the first pupil led presentation. Oliver in Upper Fourth delivered a knowledgeable and engaging talk on Prime Minister Johnson's partying exploits and whether or not he will survive the fallout. The talk was well attended by pupils of all ages and everyone left better informed about the current political crisis.



It is a point of great pride for us as teachers to see pupils take the lead and present at our academic clubs. Following Tony's talk to The Historians' Club last term and Oliver's this week, Bosco in Upper Fourth will also be delivering a talk on the 28th January on the Qin Dynasty. We are very much looking forward to it.

Well done Oliver and if Mr Johnson does end up out of a job, it looks like we have a potential future politician in our midst.

Mr Lee Rodriguez

## All Aboard

Last Friday, Mr Parker's Geology class and Mrs Todd's Geography class were given a real treat, as they hopped aboard the JOIDES Resolution research vessel (by video link, of course!) The JOIDES Resolution is a seagoing research vessel that drills core samples and collects measurements from under the ocean floor, giving scientists a glimpse into Earth's development.



The 50 scientists and technicians collect a wide range of data, from rock samples and fossils, to identifying the size and location of mantle plumes, so this was a fantastic opportunity for our students to talk to people at the forefront of scientific and geological research. Each expedition lasts for two months and the crew onboard the JR are currently half way through a trip exploring the Walvis Ridge, located over 1000km west of Namibia, in the Atlantic Ocean.

Students were lucky enough to be given their very own guided tour of the vessel by three of the crew, Maya, Sonia and Kevin. The ship is 144 metres long, 21 metres wide and has a staggering 6 levels - we were given a whistle-stop tour of several areas of the vessel, including the catwalk, derrick and laboratories, where we were able to see 1 hour - old ocean cores, which had been freshly extracted by the 62m drill.



At the end of the tour, students were able to ask the crew some questions, which ranged from 'How does magnetism of the rocks become contaminated after they have formed' and 'What are the global benefits of this research, with regards to identifying the size and location of mantle plumes?' to 'Do you have any pets on board?' The JR isn't just a place of work and lots of our students were interested about life on the ship. We learned that crew take part in 12 hour shifts and have access to a state of the art gym, as well as a library, and 24 hour access to freshly baked goodies! Our budding geologists and geographers greatly enjoyed time out of the classroom to learn about living and working on the JR; perhaps in a few years' time one of our own Bedians might report back from their latest JR voyage.

Mr Parker and Mrs Todd

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### Piano Recital

On Monday, the Music Department held the first concert recital in the Academic Hall. The original intention was to invite parents, but unfortunately, because of the latest COVID 19 restrictions, this was not possible.

It was the turn of the Pianists to step up and they amazed everyone with their skill and artistry. There was a varied programme of music which featured music from earlier composers from Haydn, through to modern composers such as Mrvica and Hishashi.

The concert was very well attended by pupils and staff and it provided the perfect opportunity for Jasmine, Sophia, Hebe, Isaac, Katherine and Kelly to hone their performance skills even further.

Bravissimo everyone! See a brief highlights clip below.  
<https://vimeo.com/manage/videos/668533434>

Mr Davies



### Sixth Form Language Ambassadors

Our Sixth Form Language Ambassadors - John, Gabriella, Kristian, Chloe and Savannah are a wonderful example to our younger pupils. They help the Spanish GCSE pupils with their speaking practice, for the upcoming oral examination every Thursday lunchtime.

The Upper Fifth really enjoy speaking to the older pupils and hearing about their experiences studying A Level languages and we are very proud of the contributions of the Sixth Form as role models in the department.

Mrs Reid



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## Safeguarding Tips - A Parent's Guide

A quick weekly guide in one area of Safeguarding from Safeguarding Lead **Mr Sanders**.

A positive body image is an important step in building positive mental health and emotional well-being. Sadly, many young people nationally are now suffering from a poor body image. It is often reported that girls feel significant pressure to match up to unrealistic media appearances, however, boys are affected too. Parents can play a key role in supporting children to develop a positive body image. There are a number of things you can do to support your child in developing their emotional resilience, which can equip them to develop positive self-esteem and a healthy body image.

Credit Media Smart.



### TALK POSITIVELY ABOUT THEIR BODY AND WHAT IT CAN DO RATHER THAN HOW IT LOOKS

It is never too early to give messages to your children about loving and appreciating their bodies, e.g. **"Nobody's looks are perfect, let's focus on what you like about yourself"**. The teenage years are a key time for body image worries to increase and you still have a critical role to play. Your views and the ability to keep communication open at this time will make all the difference.



### BE A GOOD ROLE MODEL

Children are very aware of their parents' attitudes and behaviours. For instance, avoid comparing yourself to images you see in magazines. Instead, show them that you are able to identify and evaluate the messages within adverts, especially those that relate to appearance. Try to refrain from criticising your own or others' bodies and appearance.



### RECOGNISE YOUR CHILD'S QUALITIES AND SKILLS WHEN YOU PRAISE THEM

Emphasise what you appreciate about their character and skills rather than focusing on their appearance, e.g. **"You always make me laugh, I love your sense of humour!"** or **"You're a great listener for your friend - she obviously values your support"**.



### MANAGE THEIR SCREEN TIME

Research has shown that when children spend a lot of time in front of screens, such as on social media or playing computer games, it can have a negative impact on their body image and self-esteem.<sup>4</sup> Try to ensure that there are screen-free times during the day.



### KEEP COMMUNICATION OPEN

Provide plenty of opportunities to have conversations with your child where they feel they can open up about their feelings. Listen to their concerns and worries. Be mindful not to jump in to offer advice but recognise what they have said and help them come up with their own solutions, e.g. **"You sound upset, I wonder what you could do that might help"**.

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## Charity Cake Sale

Congratulations to Sadie and Lucy for organising this week's charity Cake Sale and raising an amazing £199.69 for our Prep charities The Good Life Orphanage and Project Pamplona.



## Girls' Football

The Prep had two Girls' Football Teams competing in the AJIS Football Festival on Friday 14 January at Platt Lane Sports Complex. The teams finished third and fourth in their groups competing against schools such as Cheadle Hulme, AKS Lytham, Merchant Taylor and Manchester High.



It was a valuable learning experience for both teams who faced some very skilful opposition on the day. The girls performed brilliantly and a special mention must go to Larissa and Nell for their star performances!

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*Stars of the Week*



*Housepoint Winners*



*Class of the Week - Prep 5*

## Monday Motivation

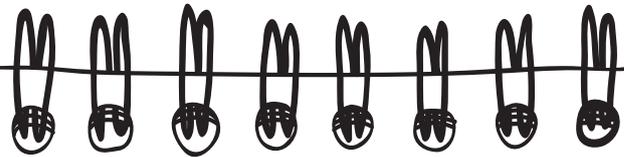


## Word of the Week

★ ★ ★  
WISH YOU  
A VERY  
**HAPPY**  
**BIRTHDAY**



RECEPTION **VALERIE**  
PREP 2 **KYRA-MAY**



## Notices

Prep 3 Chester Zoo Trip Wednesday 26 January

A & B Netball v Withington Girls 28 January