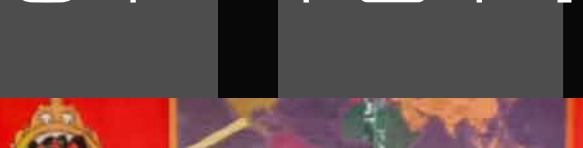


BEDE'S News



Love of Learning Art

Our Prep 4 students made their own creations and learned about the great painter Mondrian through his biography and his works.

Read more - <https://sbcm.co.uk/love-of-learning-art/>

Theme of the week

Judging

"Why do you observe the splinter in your brother's eye and never notice the plank in your own?" | Luke 6:41

Challenge

This week consider how you judge other people. Take time to reflect on how you see others and challenge yourself to look at your family and friends through God's eyes.

Prayer

Lord God, help me to see the things in my life that need to change. Help me to have the courage to seek things that will fill my heart with goodness. Help me to speak words of goodness that will encourage the people around me, not bring them down. Amen.



Prep 3 Sacramental Programme

Ready for the Lent

Please continue to keep in your prayers the pupils in Prep 3 who have begun their journey on the Sacramental Programme. This week the pupils began to consider how God came to save us and how God rescues us from our mistakes and sin. We discussed the times when we have made mistakes and celebrating the gift of forgiveness and reconciliation with each other and God.

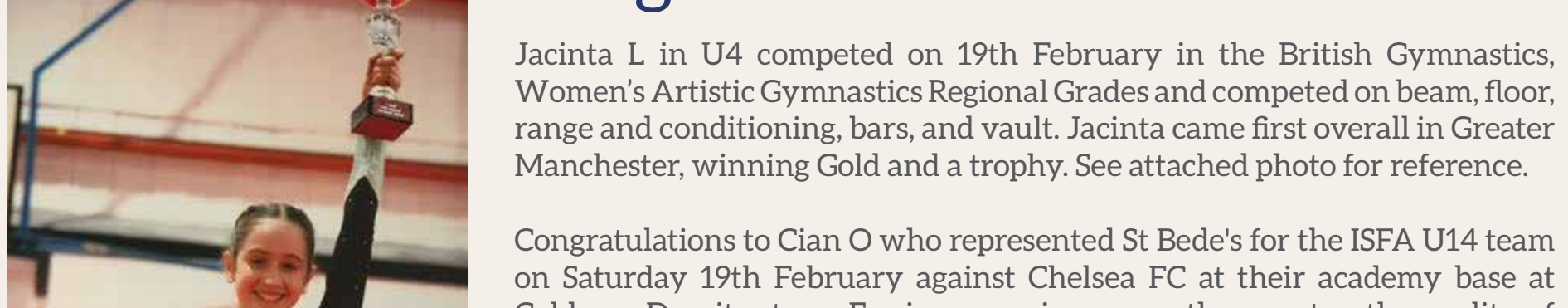
As the new half term has begun and we head towards the beginning of Lent, the pupils have turned out in great numbers at the daily mass.

We are blessed to now offer mass Monday, Tuesday and Wednesdays in the College Chapel. Upper Third and Lower Fourth have been leading the masses this week as we celebrated the feast of Saint Peter Damian, Bishop, Doctor on Monday and the chair of St Peter on Tuesday.

Next week masses will be led by the remaining pupils in Lower fourth and Upper Fourth and the whole College will celebrate mass on Ash Wednesday to mark the beginning of Lent.

Essay Writing Competition

Last term the Religion department ran an essay writing competition with the Upper Third. The pupils have produced outstanding work and three worthy winners have now been selected. Their task was to create a piece of artwork on Christian beliefs about the Trinity and to write an essay to explain it. Here is a selection of their artwork.



Congratulations Jacinta and Cian

Jacinta L in U4 competed on 19th February in the British Gymnastics, Women's Artistic Gymnastics Regional Grades and competed on beam, floor, range and conditioning, bars, and vault. Jacinta came first overall in Greater Manchester, winning Gold and a trophy. See attached photo for reference.

Congratulations to Cian O who represented St Bede's for the ISFA U14 team on Saturday 19th February against Chelsea FC at their academy base at Cobham. Despite storm Eunice sweeping across the country, the quality of football on show was fantastic and considering the ISFA squad had only played three matches together previously, they came away with an incredible 1-0 win as Cian managed to keep a clean sheet.

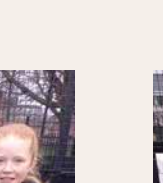


Sixth Form Scholarships

in value of up to 90% of tuition fees



Academic Excellence



Outstanding Behaviour



Commitment to the Catholic Life of the School

Apply in the website for the scholarship before 8th April



Manchester School's Hockey Tournament

The Prep PE Department entered two teams into the first round of the Manchester Schools' Hockey Tournament. Blue Team and White Team took part in three, six minute long, group games.

Blue Team's first game was a convincing 3-0 victory over Claremont. It was followed by a hard-fought close game which resulted in them losing 3-2 against Plymouth Grove Reds but they completed their group with a fine display and another 3-0 victory over Heald Place Yellows which saw the Prep Blue Team progress to the Semi-finals as group runners up.

In the White Team's side of the draw their first encounter saw them defeat Manley Park 4-0, this was followed by an emphatic 5-1 victory over Heald Place Greens. In their final group game the Prep White Team carried on their fantastic form with a 5-0 demolition of Plymouth Grove Blacks to see them finish top of their group.

With the way the groups finished the Semi-finals lined up with St Bede's Prep Whites v St Bede's Prep Blues. There was a buzz of nervous energy in the air as both teams, friends, peers lined up to face each other. It was a brilliant display from both teams in a hard-fought contest, but by the final whistle Blue Team had taken the victory winning 3-1 which meant that that St Bede's progress to the Manchester Schools Finals later this term. It is such a joy to see our pupils enjoying playing together in mixed tournaments and performing so well.

SAFEGUARDING

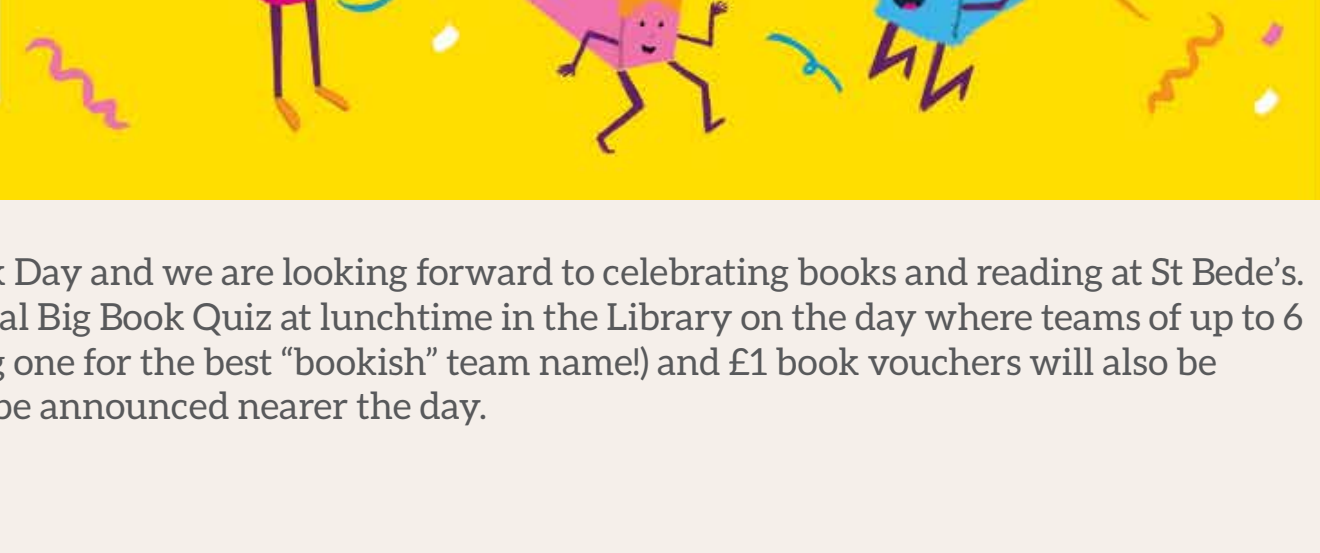
How to improve self esteem

If you think you have low self esteem, here are some tips to help improve how you are feeling:

- **Talk to someone:** It's important to speak to someone you trust about how you are feeling. Bottling up your feelings can sometimes make things worse.
- **Join an activity or society that you like:** Sometimes being part of a group can build our sense of self and create a feeling of belonging. Always research the activity and group first, making sure a trusted adult has confirmed that it's safe before you attend.
- **Self-appreciation breaks:** Set a reminder every day to appreciate three things about yourself. This only takes two minutes but can have a powerful influence on self-esteem.
- **Choose your heroes carefully:** Don't let the media tell you who your hero should be. Think about what you stand for and who really inspires you in life and why.
- **Choose your relationships carefully:** Are the people that you choose to spend time with good for your self-esteem? Are they honest, kind, compassionate and non-judgemental? If they are, they are likely to have a positive influence on how you think and feel.
- **Talk to a professional:** Sometimes it's easier to speak to someone who is not in your social circle as their advice can be impartial and unbiased, helping you to find a better solution.
- **Map yourself:** Some people find it helpful to map out how they see themselves. Try to make sure there are more positives than negatives on your map – this might include things such as being good at Minecraft or make-up, being there for your friends or liking your own name.

LIBRARY

Happy 25th Birthday to us!



Thursday 3 March is World Book Day and we are looking forward to celebrating books and reading at St Bede's. Our main event will be our annual Big Book Quiz at lunchtime in the Library on the day where teams of up to 6 can enter to win prizes (including one for the best "bookish" team name) and £1 book vouchers will also be distributed. Other activities will be announced nearer the day.

SIXTH FORM



Sixth Form News

Lower Sixth Assembly on Tuesday focused on the importance of Christian Charity. Mr Rose explained that this was more than giving to good causes, but involved showing genuine love to others, both within our families and communities and outside of them.

Lower Sixth PSMEE this week was based upon an evaluation of the challenges and responsibilities of parenthood. Students created a 'Guide for New Parents' and debated the importance of the connection between marriage and effective parenthood.

The Upper Sixth have been engaged in their mock examinations this week, as they continue their preparations for their final examinations in the summer.

St Valentine's Assembly

Take a look at the video of the assembly - <https://sbcm.co.uk/st-valentines-assembly/>

Prep 2 performed their assembly this week, and their theme was 'Love', as we recently celebrated Valentine's Day. They sang the song 'Seasons of Love', then told the story of St Valentine and why such a special day is named after him. The children wanted to consider just how we can show our love to each other so they each wrote about and read aloud one way they do this to a special person in their life. They worked hard in rehearsals and loved performing for their parents!



House Points Winners

Stars of the Week



Prep 2 Class of the Week



Upcoming Events

Universities and Careers Fair	Tuesday 1 March 2022
Open Morning	Wednesday 2 March 2022
Spring Serenade	Wednesday 2 March 2022
L4 Parents' Evening	Thursday 3 March 2022
World Book Day	Thursday 3 March 2022



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