

# WHAT'S THE LATEST FROM ST BEDE'S?

## A new half term begins

We were delighted to welcome our students back to school at the beginning of the week. We have had to take some really difficult decisions with regard to extra-curricular activities. However, there is still plenty going on inside school. We are doing all we can to keep as many children in school as possible. So far, we have been relatively fortunate but any school will tell you that the situation could change very quickly. We are confident though that our contingency plans and the investments we have made in equipment and training will allow us to continue a good standard of teaching and learning regardless of the situation. As always, keep up to date with our latest news via the school Twitter page (@stbedes1957).

## St Bede's pupils launch foodbank appeal



We have always needed kindness, but in our present situation we have never needed it more. The devastating effects of the coronavirus have led to thousands of people facing unemployment, poverty and hunger in our communities. *Never before* has the kindness and generosity of our St Bede's family been so important. In April there was an 89% increase in the number of emergency food parcels given out compared with the same month in 2019. There was a 107% increase in the number of parcels given to children compared to the same period last year. Many face tougher times ahead with mass unemployment predicted.

If the pandemic has taught us anything, it has taught us the power of what happens when we stand together. Our young people have witnessed kindness, compassion and solidarity over lockdown. It is essential that they continue to see this degree of solidarity and community spirit. We cannot see hunger and do nothing. In light of this, St Bede's pupils have launched a foodbank appeal led by our year 7 chaplaincy team.

If you are in a position to do so, we would be so grateful if you could donate one or more of the items from the list below. Pupils can leave them in the appropriate box and complete a slip ensuring they receive Laudato Si Community points. Our pupils will then distribute the items to Ormskirk Foodbank on a weekly basis.

What's in a food parcel?

Could you donate one or more of the following items?

- Cereal
- Soup
- Sponge puddings
- Smash/dried potato
- Pasta
- Rice
- Tinned Tomatoes/Pasta Sauce
- Lentils, beans, pulses
- Tinned meat
- Tinned vegetables/fruit
- Tea/coffee
- Biscuits
- UHT milk
- Fruit juice
- Toiletries (men's)

Pupils meet with local businesses to support foodbank appeal.

Keen to ensure that the community spirit and solidarity our pupils saw during the last lockdown continues, we are keen that businesses are involved and play their part in helping those in need. The year 7 chaplaincy team have organised meetings with local supermarkets, Booths and Morrison's, to coordinate a united, charitable approach to supporting people in our community. We look forward to seeing how each business can contribute to the overall success of our appeal and how persuasive our year 7s can be in negotiations! A huge thank you to Amelia Hobin, Lucy Toner, Evie Caddick, Emmie Glover, Dulcie Jackson and Lucy Dwerryhouse, who are leading the negotiations this week!



## All Saints Day

At the beginning of this week we celebrated the Feast of All Saints. During assemblies our pupils have reflected on the words of Pope Francis who calls on us all to model the behaviour of "the saints who live next door."

*"I'm thinking at this time of the saints who live next door. They are heroes – doctors, volunteers, sisters and priests, shop workers, delivery drivers– all performing their duty so that society can continue functioning. If we become aware of this miracle of the next-door saints, if we can follow their tracks, the miracle will end well, for the good of all."*

Pope Francis

## Holy Souls Remembrance

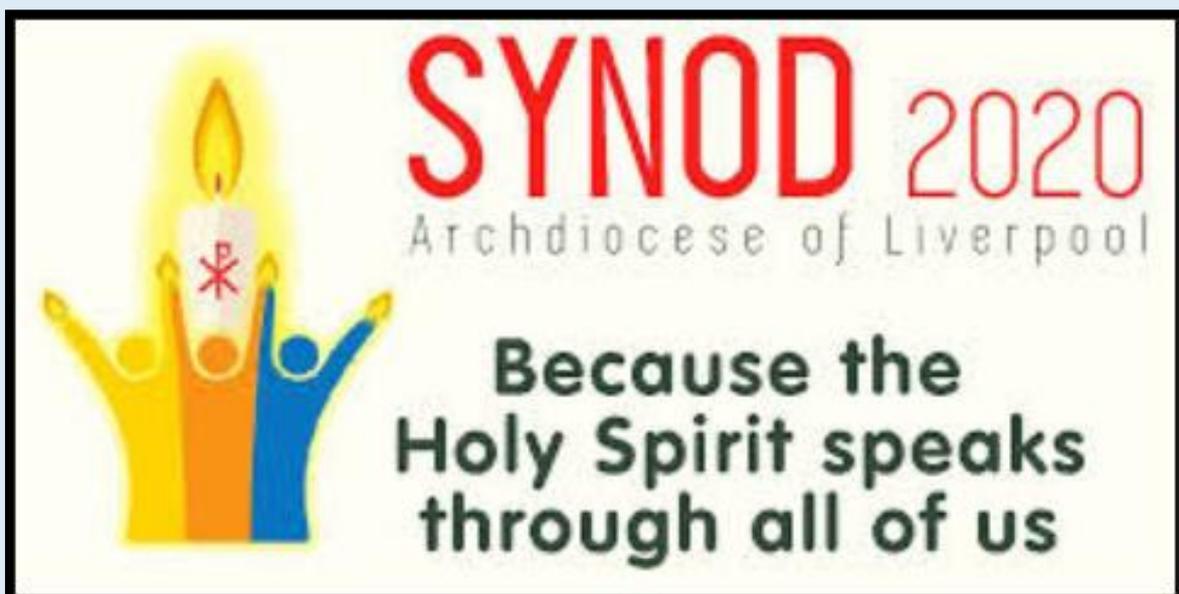
During November, we remember all the members of our families and friends who have died. Each form class has a special remembrance book in which they can write the name of their loved one, should they wish to do so. This book will then be brought over to St Anne's Church and a Mass will be offered in remembrance of each person. Should you wish to email me the name of the person rather than having the name written in the form book, I of course will include it. [e.brown@sbchs.co.uk](mailto:e.brown@sbchs.co.uk)

## Synod 2020

The Synod Sunday resources - including the summary of proposals and affirmations - have now been published on the Synod website. [synod2020.co.uk/proposals](https://synod2020.co.uk/proposals)

There are four leaflets for easy distribution containing the summaries for each Theme.

A short film has been produced celebrating Synod Sunday [View the film on YouTube](#) or look out for it on the Synod 2020 social media channels.



## Food Glorious Food here at St Bede's on our Famous Pie Tuesday!

Mrs Harris wrote to me to celebrate the great work that has happened in our kitchen this year. While many schools are only serving cold lunches and snacks, our kitchen team supported by the cleaning staff, IT team and site team have made sure our students have had a great standard of food from day 1. Mrs Harris said, "What a fantastic job Ali Guy and her catering team have achieved since September keeping our school community well fed. All done with lovely smiles and genuine care for the daily needs of our community. Thank you to the catering team".



## Year 11 scientists get out in the field

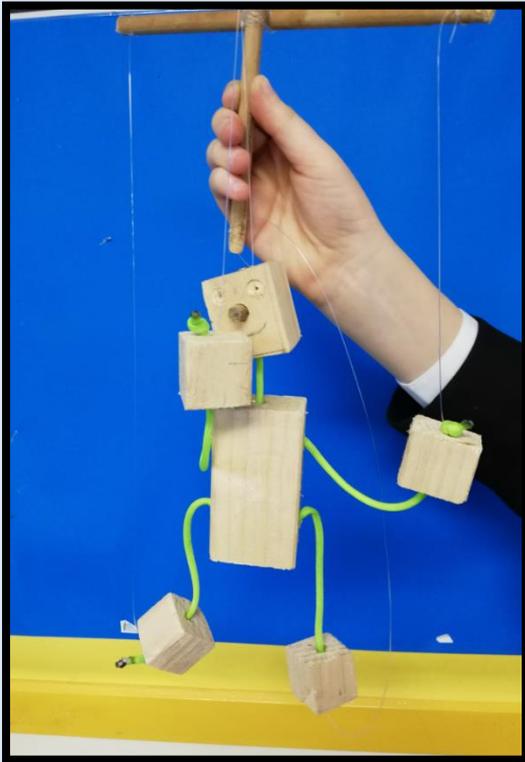
GCSE students are showing a fantastic attitude to learning, GRITTY skills and a determination to succeed this year. Here's are some of Mr Caygill's Year 11 class carrying out some practical work on the school field. They are investigating the effect of trees on the growth of meadow plants. They somehow managed to find a sunny day this week - a little soggy underfoot however!



## Bloc Bot making in DT

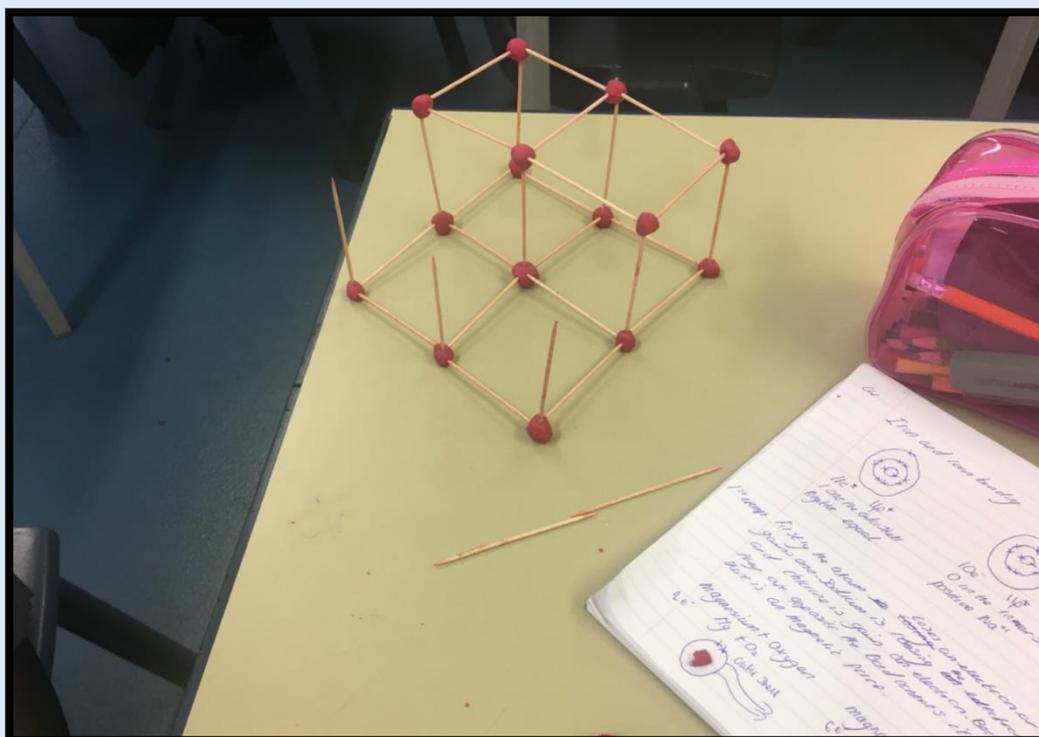
Year 7 are creating wooden block bots in their DT lessons. Whilst some students were isolating they were asked to create their own version of a block bot.

Mr Gibson, the DT teacher, was really impressed with these versions that were brought in.



## Strong bonds in Y10 Science

Year 10 scientists have been studying ionic bonding and modelling ionic lattices. 10D2, pictured here, have focused on rates of reaction and rising powdered iron (making sparklers) to show how changing surface area affects the rate of reaction.



## Art blog work

Our Year 9s have been studying the Artist Hundertwasser in their Architecture project. Here you can see two fantastic examples of the work they have been producing in lesson. The pupils have extended out from a Hundertwasser image, to replicate his style using watercolour paint.

### GCSE WORK

Our year 10s have been working hard on producing a mixed media drawing using black paper, brown paper and newspaper, creating interesting collages. They have been working from natural form images to develop their skills with different materials and textures. Alongside this, they have been continuously working on their natural forms A3 colourings, focusing on their colouring techniques and pencil control.

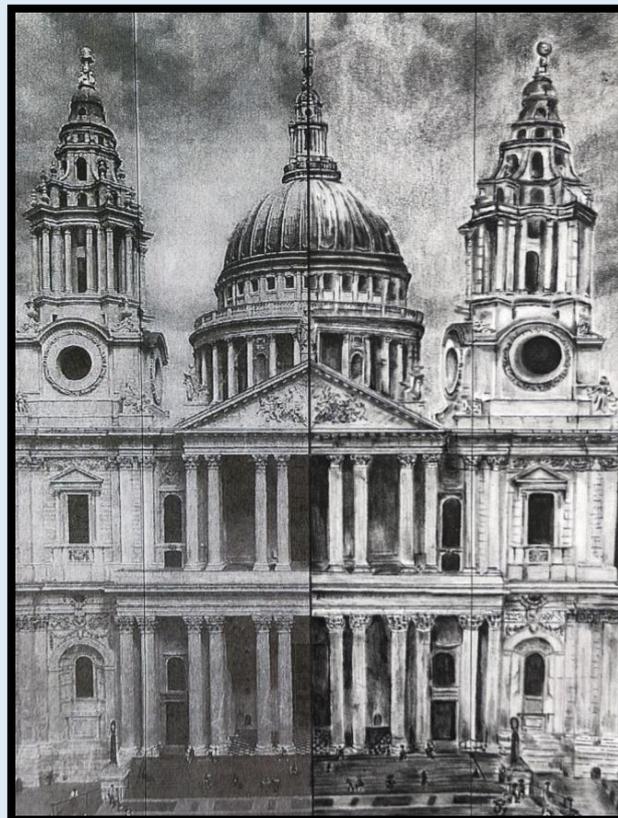






## Dream Homework

Amber Wells in year 9 has produced an outstanding piece of homework over half term. She has replicated the other side of St Paul's Cathedral looking at shade, contrast and tone. Can you tell which side is the drawing and which side is the printed image? We struggled too! Well done, Amber.



Our year 8s have worked tremendously hard on their half term homework, focusing on drawing from a grid to replicate the Chupa Chups image. They focused on shape, colour and composition and did fantastically well. Here are some examples of the great homework produced.



Hollie Niblock 8W1

Rose Jackson 8W1



Alexander Irlam 8W1

Mae Hills 8E1

## Calling all Year 11s!

### **YEAR 11 COLLEGE APPLICATION INFORMATION**

WOULD ALL Y11 PLEASE TRY AND COMPLETE ALL COLLEGE APPLICATIONS ONLINE BEFORE WE BREAK UP FOR CHRISTMAS.

Three applications so that you have plenty of choice next August when you get your results.

Accept all offers and then it will be just a matter of enrolling at the college you want.

Interviews will most probably be done online but double check yourself to make sure.

Apprenticeship applications can also be done too but please do a college back up application (or 2) just in case.

Please do not hesitate to contact me for any help or information.

Mrs Turpin



**MFL News**



Sophie Orledge in year 9 successfully completed a language immersion challenge during lockdown! She had to complete 12 French activities including researching French bloggers, emailing someone in French and watching a French film. For her amazing efforts she has received a GOLD level Award certificate from Aston University - Routes into Languages - plus a £10 amazon voucher.

Bravo, Sophie!



**Russian Club Year 9 is back!**



We've started off learning to say and write the Russian alphabet, and to say hello/goodbye. Here are some photos .....



**Year 8 and year 10/11 Germanists**

It's still not too late to enter this competition to win a variety of prizes. More information will be in registers with your form teacher. Alternatively, follow this link: [www.ogn.ox.ac.uk/content/oxford-german-olympiad-2021](http://www.ogn.ox.ac.uk/content/oxford-german-olympiad-2021)

The topics this year are all based around the theme of the alps, and it is being run by the **OXFORD GERMAN NETWORK**

**Year 7 French**

Year 7 have been finding out more about the region of Switzerland where French is spoken. We've been testing their knowledge of Swiss facts, and they've been discovering new, more unusual facts about this beautiful country.

For example, in this part of Europe, when the snow has melted in the spring, villages send their cows to the high alpine meadows to graze. This event, called *Alpaufzug*, is celebrated in each village with a procession through the village to the high pastures. The cows are decorated with floral wreaths woven through the horns. The best milk-producing cow in the village leads the procession and wears the largest bell. The bells are made in various sizes, and are awarded to the cows according to their milk production that year.

Some pupils have been designing their own swiss cowbell motifs for a mini competition.



Congratulations to Dulcie Hutton-Jackson, Amelia Hobin and Evie Caddick for their beautiful cowbell designs!

Avis de recherche!

Year 7 have also been learning how to describe other people. All of year 7 took part in a competition to design a Wanted! poster in French. Well done to the winners Dylan, Siobhan, Grace and Phoebe




WOW!

Congratulations to Carys and Lucas! 100% in their first French exams – what a fantastic start to learning a new language!



Year 8 congratulations on achieving 100% in German assessment to Rose, Thomas and Lucy!



And congratulations to Suzy in year 9 on achieving 100% !



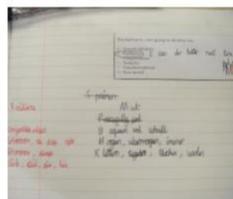
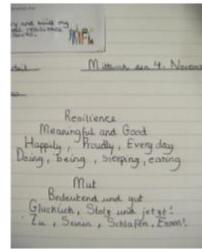
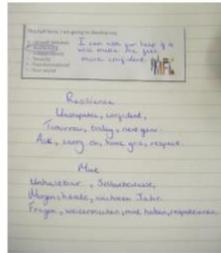
GRITTY IN MFL



This half term, I am going to develop my:

- G - Growth Mindset
- R - Resilience
- I - Independence
- T - Tenacity
- T - Transformational
- Y - Your world

Here in MFL we are focusing this half term on developing our Resilience. Here are some poems on this theme written in German by year 8. They are fast poems, which mean they have to include 1 noun, 2 adjectives, 3 adverbs and 4 verbs.



This one is great for listening to French conversation, culture and news. Put it on while you are tidying your room!

A favourite of Frau Williams and year 11 is antenne Bayern. There is lots of talking, groovy music and news!



MFL Language Ambassadors

Over the next couple of weeks the MFL department will be launching a programme of Language Ambassadors! Do you have a love of languages? Do you want to help promote a love of language learning around the school? Or would you be interested in helping set up a German or French film club? Then you can apply for a position as a Language Ambassador! More information to follow!



### Language Club

You can drop in any day if you need help, or just want to play a few games...



### Calling ALL linguists

Continue to sign up to/keep practising one of the vocabulary and grammar learning websites suggested below. These can be downloaded as apps to use on portable devices, and are very popular, as learners can set their own recommended learning time per day (say 5 minutes). Every half term, new topics will be added in to these classes.

**Quizlet**

Regular practice really will improve your understanding and acquisition of vocabulary, will improve pronunciation, listening and spelling!

**Year 7 French** Quizlet [www.quizlet.com/join/pc98rBkCm](http://www.quizlet.com/join/pc98rBkCm)

**Year 8 German** Quizlet [www.quizlet.com/join/C54twK625](http://www.quizlet.com/join/C54twK625)

**Year 9 French** Quizlet [www.quizlet.com/join/HGuFNyCrU](http://www.quizlet.com/join/HGuFNyCrU)

If you are unable to log on, email us so we can assist you. If you are below the age of 13 you will require parental permission to set up an account on Quizlet.

This website is also excellent for adults wanting to learn a new language, or to brush up on existing language skills!



**FOR GCSE PUPILS ONLY**, Seneca Learning offers very in depth home learning /revision which is closely linked to the two GCSE text books we use for French and German, and pupils can compete with peers online! See below for your class codes. There are links to MEMRISE, too.

#### Year 10 and 11

##### French

[www.memrise.com/group/425815/](http://www.memrise.com/group/425815/)

[www.senecalearning.com](http://www.senecalearning.com) Year 10 French Class Code: t0sngxxhzo

[www.senecalearning.com](http://www.senecalearning.com) Year 11 French Class Code: 1uyx6e0t91

##### German

[www.memrise.com/group/425816/](http://www.memrise.com/group/425816/)

[www.senecalearning.com](http://www.senecalearning.com) Year 10/11 German Class Code: 70edc9k0qr

FOR ALL PUPILS:

[www.atantot.com](http://www.atantot.com) (lots of games)

username: bede1 password: 9938

[www.language-gym.com](http://www.language-gym.com) (grammar exercises)

And finally.....

Don't forget to

FOLLOW US ON



Instagram

[@stbedesormskirkmfl](https://www.instagram.com/stbedesormskirkmfl)

## Music

### **The psychology of singing: why music is the perfect antidote to coronavirus anxiety**



For many people, it probably won't come as much of a surprise that singing has the potential to bring down our stress levels. If you've ever come home from work, poured yourself a drink and switched on the musical's playlist for a good old sing-a-long, you'll know what we're talking about.

It's not just the mood boosting benefits of singing which are fuelling the rise of communal singing movements in the coronavirus period, however: music has a long history of bringing people together and promoting a sense of community, from the songs sung in factories during WW2 to the role music played in bringing women together during the Suffragette Movement.

"Singing in groups [compared to singing on our own] has even more beneficial effects because of the social interaction which comes with it, which results in feelings of togetherness. This reduces the feelings of isolation which people might currently be experiencing."

## **St. Bede's Carol Service 2020**

Unfortunately, at the moment, singing in schools is not allowed and at a time when, under normal circumstances, we would be in the middle of our Carol Service preparations, rehearsing every day with 150 pupils and staff, we are trying to find other ways to keep music alive!

There is no way that this virus is going to keep music from our lives here at St. Bede's!

Instead of our beautiful Carol Service this year, we are going to prepare something virtual....

We would love as many pupils, staff or parents to be involved as possible.

The idea is that you record something at home...this could be a song, an instrumental piece, a reflection or even a monologue.

Ideally something reflective/sacred and/or Christmassy, however I am open to any genre of music...so if you want to share your talents with us that would be amazing!!!!

This could include solo performances, group performances, family performances, readings, reflections or if you have any other ideas please let me know!

These can be in the format of an mp4 (video) or if you would rather not show your faces, then an mp3 is also absolutely fine.

Please email me with any questions, queries or mp3/mp4 files that you have created on

[a.mcmurray@sbchs.co.uk](mailto:a.mcmurray@sbchs.co.uk)

The deadline for this is Monday 23<sup>rd</sup> November and I am already really excited to see/hear all of your talents.



Carol Service 2019

## A MESSAGE FROM OUR WONDERFUL PERIPATETIC MUSIC TEACHERS.....

**peripatetic** / ,pɛrɪpə'tetɪk/

noun 1. a person who travels from place to place, especially a teacher who works in more than one school or college.



**Sarah Monteith**  
(Voice & Piano)



**Mark Howard**  
(Drums)



**Sean Geldart**  
(Guitar & Ukulele)



**Paul Thomas**  
(Woodwind)

It won't surprise you to know that our peripatetic music teachers are back in school and loving every minute of live music lessons. It's great to see the number of year 7 pupils who have started to learn an instrument as well as our older pupils going from strength to strength.

Our peri's have worked hard to make the lessons covid secure and have been teaching on zoom when pupils have needed to isolate. As part of this, Sarah's singing lessons have moved to the studio with all the doors open, and the leadership team, site staff, catering staff and the admin team have enjoyed being serenaded by the pupils.

It's lovely to hear the department alive with music again – It has been a much needed boost to the whole school community.



## DT activity at St Bede's

### KS3

Since the start of the new school year, we have been following the new guidelines for food practicals. One class a day is able to cook in school, which is on rota basis. With adult supervision, pupils may have been cooking at home as part of their homework. With have a selection of photos here from both home and school.

### Year 7

Pupils have recently made ratatouille in Year 7. Here is a statement from an evaluation they have carried out.

***Describe the strengths and weaknesses of your ratatouille.***

*The strengths are that it was very healthy because it had a lot of vegetables. The weaknesses are there was no protein because I didn't put any meat in and the tomato puree was quite watery*

They have carried out some research on this dish too.

### Ratatouille

Ratatouille was originally from France  
You can serve Ratatouille with many things  
like chicken, rice, pasta you can even serve  
leftovers as a pizza topping.  
Ratatouille was made in 1877



A class from Year 7 have made this at home recently.





Recipe planning

Ingredients & Equipment needed	Ingredients
Chopping board	Pepper's
Knife	Garlic
Wooden spoon	Courgette
Sauce Pan or wok	Onion
Can opener	Tomato (chopped)
Peater	Sauce (tomato)
	1 chicken breast
	Pasta
	Chutney

Method - what will you do?

Chop the pepper's and onion and courgette  
 Chop the garlic to fine pieces  
 Put the vegetables into the wok with 1 tbsp oil  
 Add the chopped tomato's after 5 minutes  
 Add the basil with the chopped tomato's  
 Fry until it starts to bubble (a little bit)  
 Cook and drain the pasta separately  
 Pour the Ratatouille onto the pasta.

**Year 8**

Another Year 8 class have made a dish with the main ingredient included which was rice. This was also able to be made in school.



Rice dishes

Year 9

Year 9 have made a pasta bake at home. Here are some pictures;



A Year 9 class have been able to make their pasta bakes in school. Here are some action shots;



Year 9 pupils have also learnt about the importance of carbohydrate of which starch;

**1. Why are starchy foods important for maintaining good health?**

They contain a range of nutrients and are also high in fibre and they are also the main source of carbohydrates. They play an important role in a healthy diet.

**2. Which nutrients do starchy foods provide?**

They can contain fibre, calcium, iron and B vitamins.

**3. How can you ensure that starchy foods are not high in fat?**

You can have a look at the label on an item of food but also steam or boil more food to reduce the amount of fat.

**4. What changes can you make to these high fat starchy foods?**

a) Fried Rice

Brown or basmati rice could be used instead of white rice because they have less calories and you could either steam or boil the rice itself.

b) Deep fried chips

The chips instead could be roasted in an oven. Potato wedges also have less starch than chips themselves if roasted.

c) Jacket Potato with butter

You could replace the butter with healthier options like using cottage cheese and roast the potatoes and put seasoning like parsley to replace it.

d) Pasta with creamy sauce

Instead of cream, healthier options can be used like cottage cheese, milk or even Greek yoghurt.

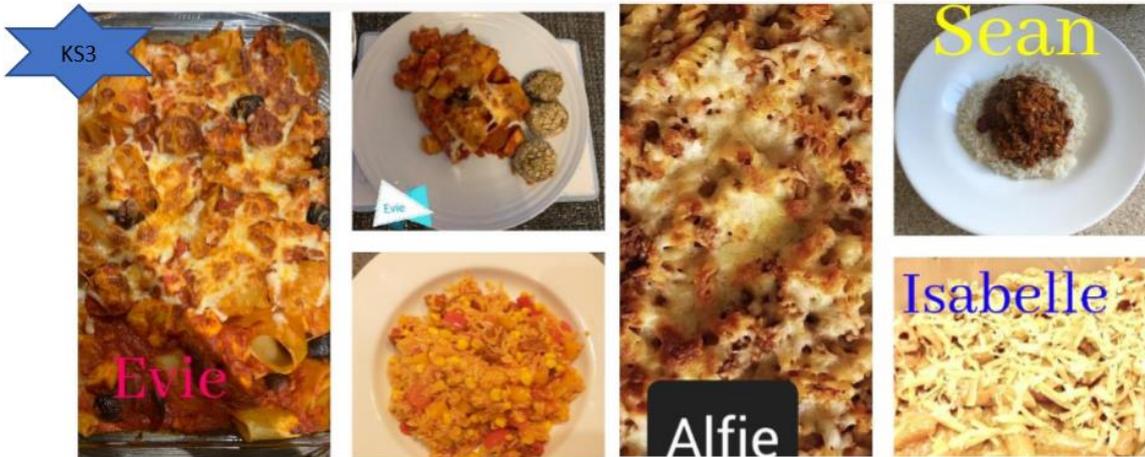
They have also learnt about how the traffic food system can be used on food labelling.

## What is the Food Traffic Light System?

- The food Traffic Light System tells us if food is low, medium or high in sugar, salt, fat and saturated fat.
- It also tells us the amount of calories and kilojoules in the products.
- The percentage indicated on the labels tells us how much of our recommended daily allowance that takes up.



Here is selection of photos from other KS3 students.



**KS4**

Pupils have been learning about different types of protein; high biological value and low biological value protein sources.

Here are some examples of what they have cooked;

**LBV dishes**



**HBV dishes**



**Year 11**

GCSE Food Preparation + Nutrition students have started their NEA practicals. They have chosen from 3 briefs; plan, prepare, cook, present a range of dishes suitable to increase iron in the diet, be an example of street food and show the nutritional needs for those over 65. Here are what they have decided matches their chosen brief;







## Let us know your news!

If you are involved in any exciting activities or you have stories of St Bede's from years gone by please contact school and we can celebrate this in our fortnightly blog. Also if you have a relative or friend who you would like our school community to pray for let us know via [admin@sbchs.co.uk](mailto:admin@sbchs.co.uk).

God bless,

Mr P Denton, Headteacher