

WHAT'S THE LATEST FROM ST BEDE'S?

Happy half-term

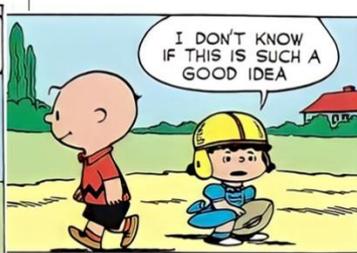
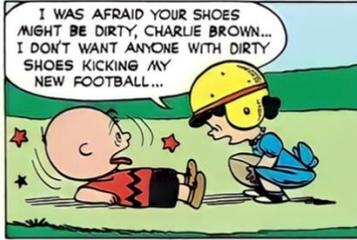
Happy half-term everyone. I hope you all have a lovely break and enjoy the rest, if you're getting one! We wish the ski trip students a safe journey. A special thank you to Mrs Southworth who has worked day and night to make this happen. Please enjoy the many pages of great stories and activities. Well done to all our students who make St Bede's such a special place. Please keep up to date with our latest news via our twitter page (@stbedes1957) and our other social channels which you can view here:

<https://www.sbchs.co.uk/social-media-links/>.

Brilliance in GCSE PE

GCSE PE is always a very popular subject at St Bede's. The students work hard to gain an understanding of various sports, the human body and other aspects of sporting life. Here are some brilliant works by Mrs Longson's GCSE year 11 class on the muscular system.

Isla Fearon

 <p>ALL YOU HAVE TO DO IS HOLD THE BALL, LUCY... THEN I'LL COME RUNNING UP, AND KICK IT...</p>	 <p>I DON'T KNOW IF THIS IS SUCH A GOOD IDEA</p>		 <p>?</p> <p>!</p>
<p>Charlie is squatting down. His knees are bent which means his hamstring is working to allow the knee to bend. The hamstring is the agonist and the quadricep is the antagonist.</p>	<p>Lucy is holding the ball up with her hands. Her bicep is working in order for her arm to bend at the elbow. The bicep is the agonist and the tricep is the antagonist.</p>	<p>Charlie has his arm extended behind his shoulder and is using his deltoid muscle to allow him to do this.</p>	<p>Lucy moved the ball away from Charlie and brought it across her body. This means her pectoral muscles are working.</p>
 <p>WHOMP</p>	 <p>I WAS AFRAID YOUR SHOES MIGHT BE DIRTY, CHARLIE BROWN... I DON'T WANT ANYONE WITH DIRTY SHOES KICKING MY NEW FOOTBALL...</p>	 <p>HERE WE GO!</p>	 <p>I HELD IT REAL TIGHT, CHARLIE BROWN...</p> <p>I'M NOT GOING TO GET UP... I'M GOING TO LIE HERE FOR THE REST OF THE DAY...</p>
<p>Charlie has his toes pointed. His gastrocnemius's are working.</p>	<p>Charlie is using his abdominals in order to help him start to sit up.</p>	<p>Whilst running, Charlie has his back leg extended at the hip. His gluteals are working.</p>	<p>Lucy's head is turned to look at Charlie. This means that her trapezius is working.</p>

Joseph Bennett



The players are getting ready and doing stretches this stretch they are now doing is the gluteals working to bend the knee.



At the Basketball game the players are warming up. While practicing shooting in the execution stage their arm is extending at the elbow. The triceps are the agonist and biceps the antagonist.



The fans are all coming in and getting ready to sit down. To sit down they are bending their knees. Their hamstring is the agonist and the quadricep the antagonist.



As the game starts for the tip the referee. The players are looking up at the ball anticipating the tip. In this their trapezius is working.



It is a very intense match and players are people are getting fouled a lot. While taking the three throw the player is on his tiptoes in the execution phase. Their gastrocnemius is working.



The referee in this match gives the decision of a side-line ball. The referee makes clear which team the ball should go to by pointing the direction of the team. His arm is being abducted at the shoulder. The deltoids are working.



The fans are enjoying the game and all chanting and clapping. Here your arm is adducting at the shoulder. Here the deltoids are working again and flexion at the elbow means the bicep is the agonist and tricep the antagonist.



Finally the game is over. The players are going to shake hands. This requires extension at the elbow. Here the tricep is the agonist and the bicep is the antagonist.

Bethany McCluskey

Preparation stage of a spin
 - The tricep is working to extend the arm at the elbow. The tricep is the agonist, the bicep is the antagonist.
 - The bicep is working to flex the arm at the elbow. The bicep is the agonist, the tricep is the antagonist.
 - The pectorals are working to horizontally adduct the arm across the chest.
 - The deltoid is working to abduct the arm.
 - The quadricep is working to extend the leg at the knee. The quadricep is the agonist and the hamstring is the antagonist.
 - The gastrocnemius is working to flex the ankle.

Execution stage of a spin
 - The tricep is working to extend the arm at the elbow. The tricep is the agonist, the bicep is the antagonist.
 - The deltoid is working to cause flexion at the shoulder as the arm comes up.
 - The quadricep is working to extend the leg at the knee. The quadricep is the agonist, the hamstring is the antagonist.
 - The hamstring is working to flex the leg at the knee. The hamstring is the agonist, the quadricep is the antagonist.
 - The gastrocnemius is working to flex the ankle.

Preparation stage of a jump
 - The tricep is working to extend the arm at the elbow. The tricep is the agonist, the bicep is the antagonist.
 - The quadricep is working to extend the leg at the knee. The quadricep is the agonist, the hamstring is the antagonist.
 - The hamstring is working to flex the leg at the knee. The hamstring is the agonist, the quadricep is the antagonist.
 - The deltoid is working to abduct the shoulder.
 - The gluteals are working to extend the hip.
 - The gastrocnemius is working to flex the ankle.

Execution stage of a jump
 - The tricep is working to extend the arm at the elbow. The tricep is the agonist, the bicep is the antagonist.
 - The quadricep is working to extend the leg at the knee. The quadricep is the agonist, the hamstring is the antagonist.
 - The hamstring is working to flex the leg at the knee. The hamstring is the agonist, the quadricep is the antagonist.
 - The deltoid is working to cause extension at the shoulder.
 - The gluteals are working to cause extension at the hip.
 - The gastrocnemius is working to cause flexion at the ankle.

Preparation stage of a backhand swing
 - The tricep is working to extend the arm at the elbow. The tricep is the agonist, the bicep is the antagonist.
 - The quadricep is working to extend the leg at the knee. The quadricep is the agonist, the hamstring is the antagonist.
 - The hamstring is working to flex the leg at the knee. The hamstring is the agonist, the quadricep is the antagonist.
 - The deltoid is working to cause flexion at the shoulder.
 - The gastrocnemius is working to flex the ankle.

Execution stage of a backhand swing
 - The tricep is working to extend the arm at the elbow. The tricep is the agonist, the bicep is the antagonist.
 - The quadricep is working to extend the leg at the knee. The quadricep is the agonist, the hamstring is the antagonist.
 - The hamstring is working to flex the leg at the knee. The hamstring is the agonist, the quadricep is the antagonist.
 - The deltoid is working to cause flexion at the shoulder.
 - The gastrocnemius is working to flex the ankle.

Jack is signed up

A big congratulations to Jack Rogers who has been signed by Burnley FC on a scholarship. Jack is a great example of humility and hard work. He has done so well so far and we are all very proud of him.



Sam captures 'A Christmas Carol'

Sam Orino has been lighting up St Bede's since the first moment he arrived in Year 7. This week he has produced a wonderful picture to reflect his love of reading. He was asked by Mrs Cain to draw a picture of his favourite book for her to display in the library. As you can see, it's Charles Dickens' 'A Christmas Carol'. Well done Sam and thank you for being such a light in all of our lives!

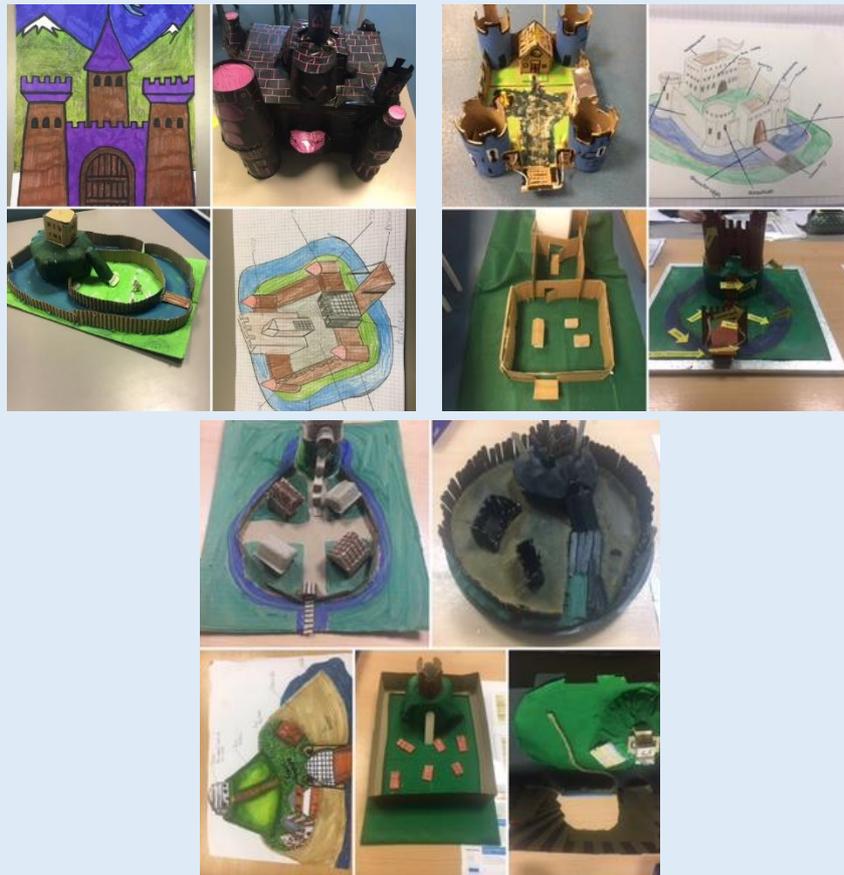


A bit of DT magic

Year 7 have been attending DT at lunchtime on Tuesdays to finish a project that we started during the GRITTY Summer School. Our bee-houses are coming along nicely and will soon be ready to provide a fully biodegradable, environmentally friendly, and sustainable habitat to help make the world a better place!



Hooray for History



Year 7 historians designed their own castles for homework as part of their work on the Norman Conquest. Here are just a few examples of their work. Mrs Roberts and Mrs Daulby were so impressed with the effort and hard work that went into them. Prizes and certificates are to be given out after half term.



We marked Holocaust Memorial Day this year with an assembly. Year 9 students took part in a live webcast with Holocaust survivor Eva Clarke and some staff observed a minute's silence at 20:00 with lighting a candle in remembrance of those killed.



Amazing Art

Year 8 have been working on their paintings inspired by Jasper Johns. They have been learning about colour theory and how to camouflage a number. These are coming along really nicely!

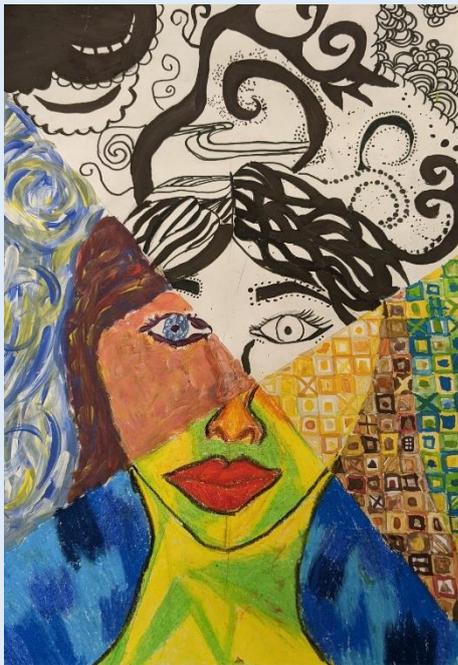


Year 10 are finishing off their A2 mixed media compositions. They have used collage and paint to create these vibrant pieces. I have been so impressed with their resilience and tenacity with this piece. I am looking forward to seeing more from this talented group.





Year 7 are adding the finishing touches to their self-portraits. They have taken inspiration from four different artists and have taken on the style and traits of those artists using a media suitable to that style. They have worked very hard over several weeks to produce these stunning portraits.





Year 11 have been making some Angie Lewin inspired clay tiles this week. They have been creating floral tiles in a stylised approach and will be painting with acrylic paint once completed. Well done year 11, great work!













Year 8 used flipped learning this week to create a donut watercolour painting. They watched a step-by-step demonstration video for homework, then came to the lesson, ready to paint (and eat) some delicious donuts. Well done year 8, great work.

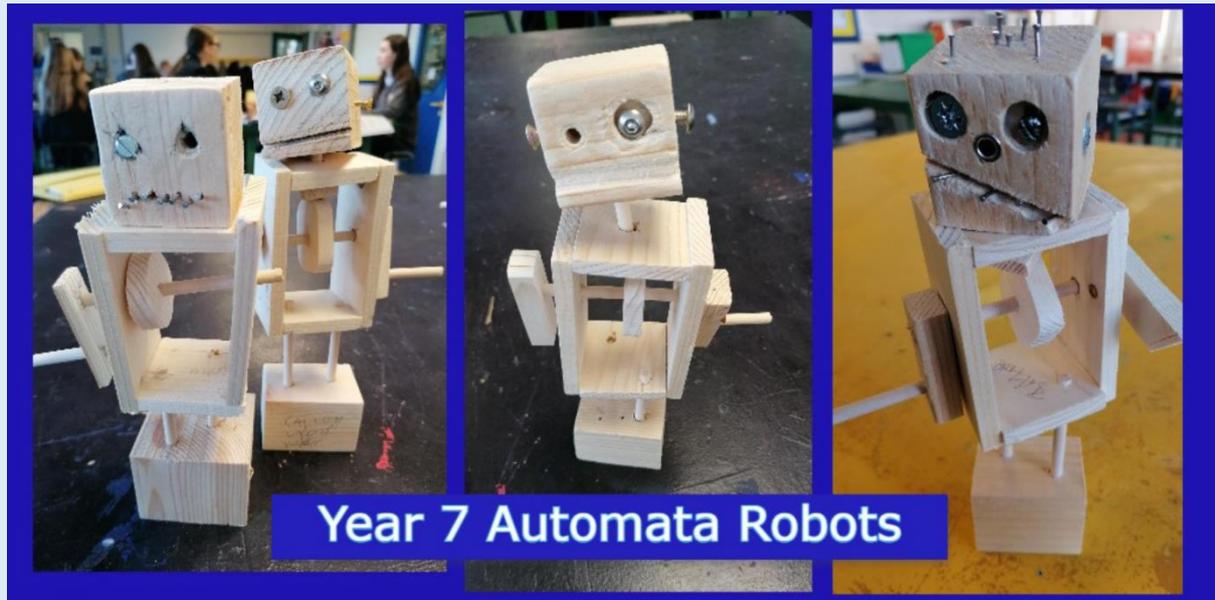








Year 7 have been making Automata Robots in Design and Technology. They have given the robots plenty of character using screws, bolts and nails to embellish the face and hair. For the robot bodies, they have made a cog mechanism to enable the robot head to move when the arm is turned.



Sporting success

Thanks to Miss Gray for these fabulous pictures showing recent sporting success at St Bede's. The first one is from Tuesday's St. Bede's Girls Handball competition. We had a mix of girls from years 7-10 take part, most of whom have been regular attendees to our Handball club each week. Keep up the great work, girls!

The second picture: the year 8/9 Girls Football team were crowned West Lancashire champions last week. The event was held at Ormskirk School. They remained unbeaten throughout the tournament and only conceded one goal. They demonstrated a wonderful team spirit and thoroughly deserve this title. The PE department are extremely proud of you all!





MFL News



Y11 Revision

Revision sessions are held every Tuesday after school. Come along and get some extra practice!

Calling all our pupils who study a language!

Develop your GRITTY skill of independence by watching some of the language videos created for you by Mrs Gallagher. These



videos cover a range of topic areas, cultural aspects of the language and grammar. They can be used as support with aspects of your learning, or for extra challenge and extension, if you feel like learning a new aspect of the language!

Last time, some French videos to help you develop opinions were shared. I have now uploaded similar videos in GERMAN. So, pupils in years 7, 9 and 11 can find these in a shared file in their one drive. Ask us for help if you can't locate them!



Literacy in Languages

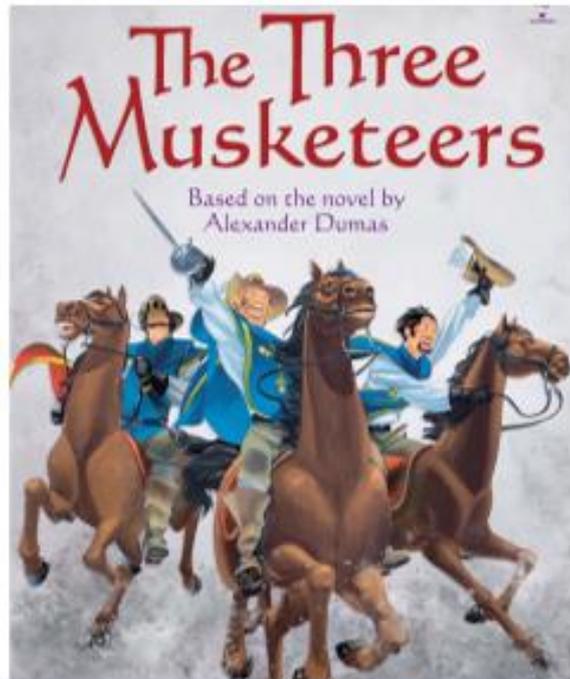
Our book of the month for February:

Language

Our
Ambassadors



like to be a
Ambassador,
to your
teacher
kinds of
activities
involved in,
of
required.



The Three Musketeers by Alexandre Dumas is set just before the French Revolution and follows a young man, D'Artagnon, as he travels to Paris where he wants to join the royal bodyguards. He makes friends with three of the bodyguards and joins in their adventures. Poisoning, kidnapping, theft and plenty of sword fights, this is a gripping tale of adventure and cunning.

Lots of films of the book have been made, too!

You can borrow this exciting tale from the LRC!

Languages at the heart of learning



Literacy matters in MFL

Ambassadors

Language
in MFL have
now started
on the
activities for
the new year.

If you would
Language
please chat
subject
about the
events and
they are
and the level
commitment



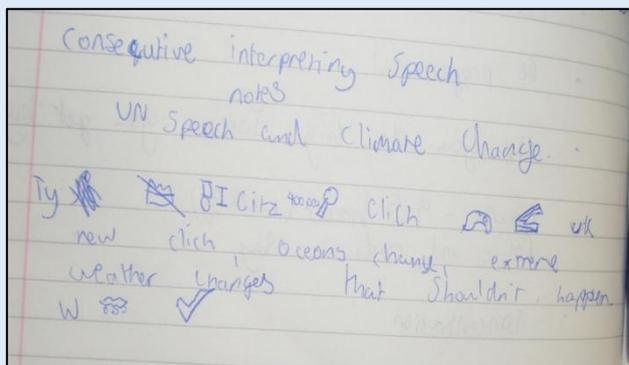
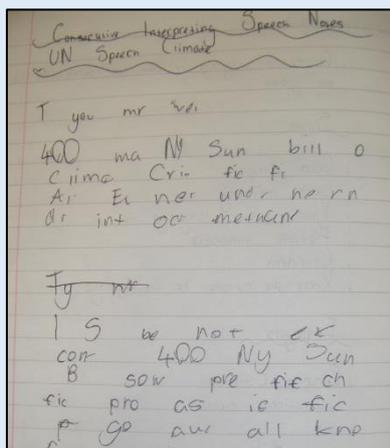
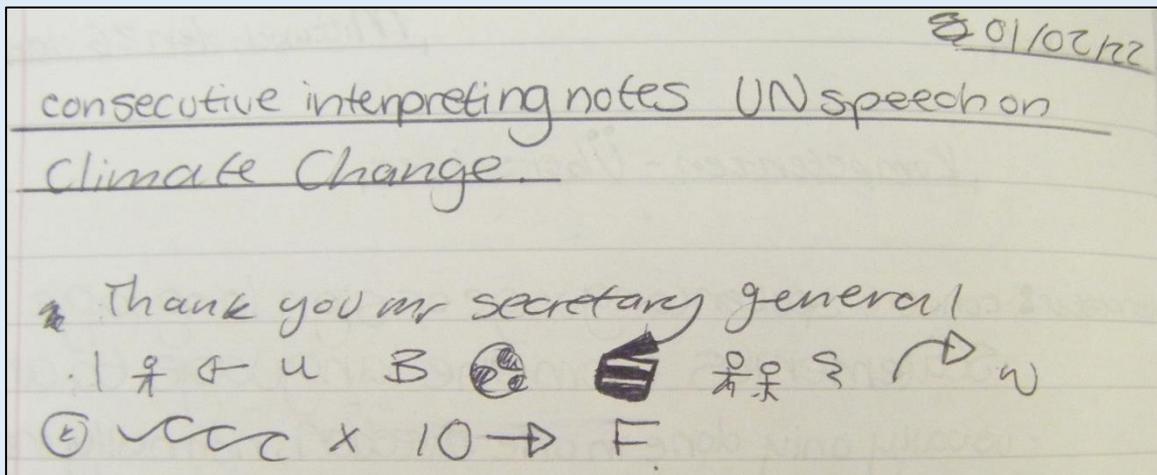
Year 7 German

Year 7 pupils have been learning how to describe the town or village where they live. Pupils in 7w3 made these triaramas to describe where they live.



Year 9 Language Skills

Our Year 9 pupils have been investigating which future jobs could be a possibility for them including International Trade, Translation and Interpreting. We have learned extensively about many roles and our pupils have even had a go at Simultaneous Interpreting, Chuchotage and Conference Interpreting – transcribing a speech using a series of time-saving words and symbols then regurgitating it in the target language. Our pupils watched a 4-minute speech by Leonardo Di Caprio which he delivered to the United Nations about Climate Change and tried to deliver the same speech using their notes. Can you decipher what he said from 9W1's transcriptions?



Goethe Institut

As part of our ongoing collaboration with the Goethe Institut and continuing our status as a Smart Choice: German School, on Wednesday 9th February our Year 9 pupils all took part in a speech and quiz hosted by Goethe Institut Young Ambassadors, Neta, Flo and Bethan who are currently studying A Level German or a degree in German! The event is designed to share positive experiences, encourage the study of German at GCSE and be fun and entertaining! If you have any questions about taking GCSE German, as the options deadline looms, do not hesitate to come and chat to us! 😊



Herzlichen Glückwunsch! Congratulations to the following pupils in 7e2 who scored 100% on their latest assessment – what an achievement!

Matthew B, Lily C, Scarlett K, Isabel K, Padraig L, Jamie M, Harriet M, Ellissia N, Aidan P and Oscar W



Year 7 Franco-German



Our annual Year 7 language and cultural quiz will take place this week. All pupils in Year 7 will be taking part and there are some fabulous prizes to be won! Gute Chance! Bonne Chance!

COMPETITION WITH DT - Year 8 Crepe-off-Bake off!

La Chandeleur Year 8 French Pancake Bake Off

Would you like to take part in our bake off competition to design your own crêpe?

If you fancy your chances, plan a design of how you would decorate yours with a short description of what you will use.

Submit your design to your language teacher by Wednesday 9th February, and we will then choose six finalists. The FINAL will take place after half term...date to be confirmed!

Get some ideas from your French teacher during the Chandeleur lessons, or look on Pinterest, Instagram, google or even ask at home!





Calling all linguists

Why not sign up to one of the vocabulary 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).

Regular practice really will improve your understanding and acquisition of vocabulary, will improve pronunciation, listening and spelling. If you like the challenge of beating your peers, you will enjoy the MEMRISE leader board!

You can also access these websites in school, if you are unable to do so at home, and furthermore, we can assist you! If you are below the age of 13 you will require parental permission to set up an account on either Quizlet or Memrise.



These websites are also excellent for adults wanting to learn a new language, or to brush up on existing language skills!

Here are the links depending on your year group. See a member of the MFL department if you get stuck.

FOR ALL PUPILS:

www.atantot.com (lots of games)

username : bede1 password: 2824

www.language-gym.com (grammar exercises)

Year 10 and 11

French

- <https://www.memrise.com/group/2722/>



- <https://quizlet.com/join/RgKdt4nsN>

German

- <https://www.memrise.com/group/2725/>
- <https://quizlet.com/join/SvhBarzGp>

Year 9

German

- <https://www.memrise.com/group/4442/>
- <https://quizlet.com/join/t3CbPn9r5>

Year 8

French

- <https://www.memrise.com/group/4441/>
- <https://quizlet.com/join/RawPZYray>

Year 7

German

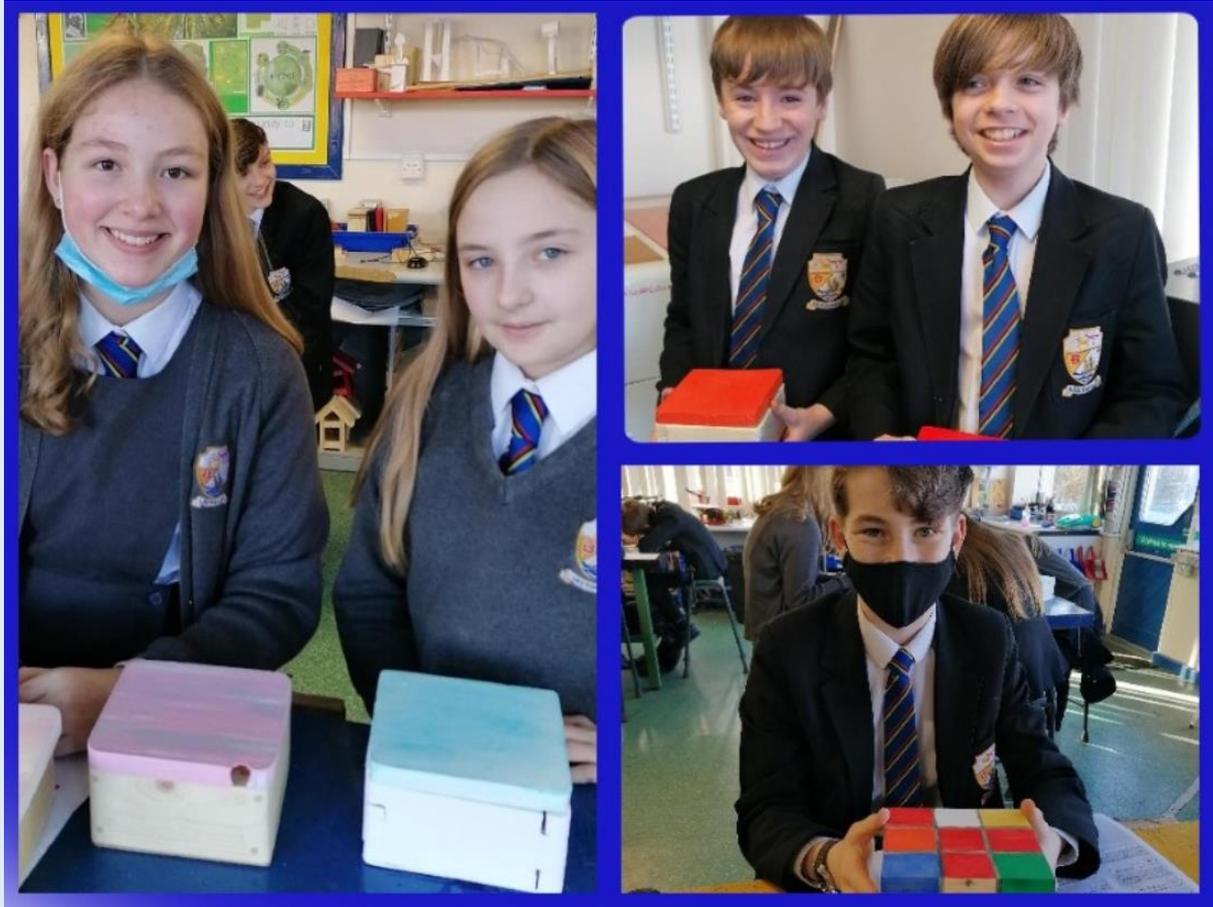
- <https://www.memrise.com/group/2729/>
- <https://quizlet.com/join/mJc2mW88M>

Box of tricks in DT

Year 8 have been making boxes in Design and Technology, using pine and MDF. They have used a variety of tools and techniques. This project has stretched their practical and problem-solving abilities. The final part of the project was the lid design. They demonstrated a wide range of creative talents, from painting and varnishing their lids, printing off images and pasting them on to adding some sparkle.

Here are a few of our proud year 8s showing off their work.





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.

God bless,

Mr P Denton, Headteacher