



Friday Note

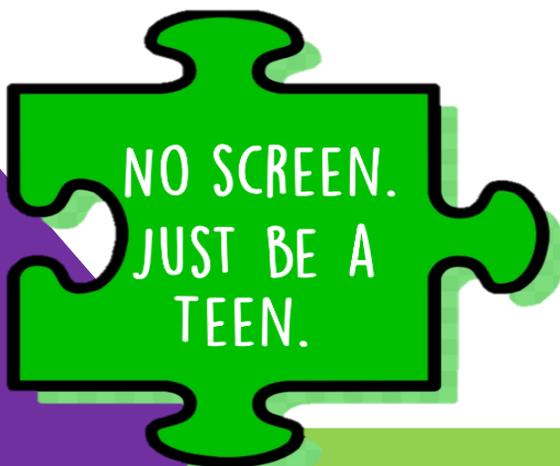
St Bede's & Byron

Staying home. Staying learning. Staying in touch.

'No screen. Just be a teen' launched

With the average person spending nearly 4 hours each day on mobile devices during the first month of 2021, we recognise the ever increasing importance of ensuring our students have time away from their screens. Therefore, we are delighted to announce the launch of our brand new programme, *No screen. Just be a teen*. This sets aside 30 minutes each school day for all of Key Stage 3 (Years 7 – 9) when students will take part in a specific activity designed so any screen is not required. These activities will be posted daily via Teams and we are so excited to see what our students can discover.

Monday	STEM
Tuesday	Reading
Wednesday	Wildlife
Thursday	Living History
Friday	Art & Music



Reminders & Announcements...

Next Week (w/c Monday 8th Feb):

- **Week B**
- Year 12 Parent's Evening
- Remote Learning Survey 2

Half Term Break:

Friday 12th Feb until Sunday 22nd Feb

Prayer for the Week...

This week our theme of week for our school community is Our Lady of Lourdes. The Immaculate Virgin Mary appeared to a young poor girl, Bernadette Soubirous, in Lourdes, France in 1858. During the 18 apparitions, Mary called for us to pray especially for sinners. Today, Lourdes is a place of Pilgrimage; where those who are sick go to pray for healing. We invite you this week, to take some quiet time and think of those who are sick as well as those who care for them as we pray the Hail Mary together..

*Hail Mary, full of grace,
the Lord is with thee.*

*Blessed art thou amongst women,
and blessed is the fruit of thy womb, Jesus.*

*Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.*



Weekly Creative Challenge...

Mexico is a country in North America just south of the United States. Before the arrival of the Spanish in 1521, it was home to many **Mesoamerican** tribes like the Mayas and the Aztecs. Mexico celebrates its Independence Day on the 16th of September. The 16th of September, however, celebrates another important day... **National Guacamole Day!**



Guacamole is a mix of mashed avocado and spices. Avocados were first cultivated in Mexico approximately 10,000 years ago and the earliest historical recordings of guacamole come from around 500 years ago! An interesting fact about avocados is that many English-speakers formerly called them "**alligator pears**" because of their skin texture. The word '**guacamole**' actually comes from the Aztec word **ahuacamolli** which translates as "**avocado sauce**".

Many guacamole recipes only call for a few ingredients (avocados, salt, lime juice), but you can add extra ingredients to change the delicious flavour!

Here's a few suggestions:

- Bacon & feta
- Honey
- Tomato
- Pomegranate seeds
- Black bean & corn
- Parmesan & basil



Challenge: Make your own Guacamole and send in a picture! Make sure to let us know your recipe!

Well-Being & Looking after ourselves...

This week is **Place2Be's** Children's Mental Health Week. Every day in tutor or in your house assembly, you should be hearing helpful tips on how to manage your well-being and mental health.



Why is mental health and well-being important?

- **1 in 6** children and young people have a diagnosable mental health problem, and many continue to have these problems into adulthood.
- **50%** of those with lifetime mental health problems first experience symptoms by the age of 14.
- **1 in 10** boys aged 5-19 with a mental health condition are excluded in some form from school.

Challenge:

- 1. Try one of the strategies you learned at home.**
- 2. Teach someone at home one of the strategies you learned.**

For more information, check out:

www.childrensmentalhealthweek.org.uk

SHOUT

Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text **CONNECT** to **85258**
More info: giveusashout.org

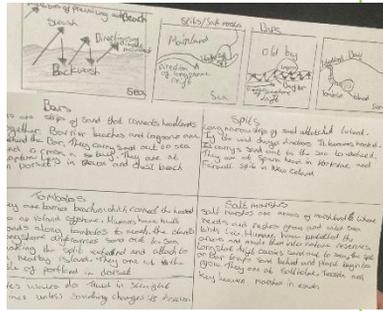


Work that we're proud of...

This week year 7 have been drawing diagrams of Coastal Landforms. Here are some diagrams that we are particularly proud of:



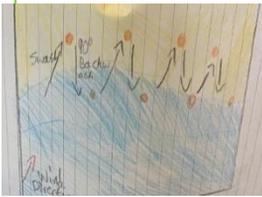
Jay Talbot 7H3



Madeline Beezer 7C1

Well done!

Michael Harland 7H3



Friday Puzzle...

What starts with a P, ends with an E and has thousands of letters?

The post office

What is so delicate that just saying its name breaks it?

Silence

In a one storey house the floor is blue and the walls and ceiling are white. What colour are the stairs?

There are no stairs

National Apprenticeship week 2021 8th -14th February

This week is a National Apprenticeship week, and the theme this year is 'Build the future'. Apprenticeships are a fantastic way to learn while you earn, opening up new and exciting career paths that can transform lives. The week is a great opportunity to highlight the huge range of apprenticeships on offer – from Space Engineer to Registered Nurse. There are currently around 7,000 apprenticeship opportunities available on the Find An Apprenticeship website. Find out more about how an apprenticeships work and how to apply here:

<https://www.apprenticeships.gov.uk/apprentices>



Good News Stories...

Fantastic fundraising from two 9H2 students!

Leo and his friends raised £50 for Cancer Research through gaming and a livestream marathon. Lewis in 9H2 has ran 26.6 miles in throughout January and raised over £865 for Prostate Cancer UK. Well done Lewis and Leo!

Six Year 12 students are accepted onto prestigious Oxnet program.

This program is a highly selective program that links colleges to Oxford University. The program is highly competitive and there are only 25 places for students across the North East. Well done to these students!



Joke from

Brendan 9H2 Why don't Eggs tell jokes? They would crack each other up.

Ethan 901 What do you call a Pig that does Karate? Pork Chop

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Bishop Chadwick
Catholic Education Trust

