



# Friday Note

## St Bede's & Byron

Staying safe. Staying learning. Staying in touch.

### An Easter Message



As consistent with those of the past year, this past term has represented one of the most unique and challenging times in many, many years. That said, we have been humbled and filled with pride at how every single member of our wider school community has dealt with these challenges. As we reflect on the message of the Easter story and observe lambs in the fields, we are cautiously (yet optimistically) looking forward to the weeks and months ahead, whenever we can return to a 'new normal' and enjoy what used to be the most routine and unappreciated moments in life, such as having multiple generations around the table.

We wish every pupil, parent, carer and member of staff a restful and reflective Easter break.

### Reminders & Announcements...

School Returns: **Monday 19<sup>th</sup> April 2021**

Former Children's TV star Michael Underwood is now a Maths Teacher, check out his fantastic videos if parents/carers are stuck!

<https://whiterosemaths.com/for-parents/maths-with-michael/>

### Prayer for Easter...

Loving Father, we pray that we are people who may continue to grow in our faith. We ask that like Jesus in the Garden of Gethsemane we are able to face any difficulties with the confidence that you are always here for us especially during this time.

Loving Father, we remember all those people, who like Jesus on the cross are suffering at this time. May they find peace and comfort in your loving care and protection. In a world where there are many problems, we ask that we will help to make the world a better place.

Loving Father, as we celebrate the season of Easter, we thank you for the sacrifice of your son, Jesus Christ, on the cross. May we be inspired by his example to live out our lives following his teachings. *Amen.*



## Weekly Creative Challenge...

This week, the Year 7s had the eggs-citing opportunity to compete in Ms Johnson's *Easter Egg Decorating Competition*—now it's your turn!

There are so many ways to make an eggs-cellent Easter egg, but here are some tips:

- Boil the egg first
- Let the egg sufficiently cool
- Make a stand out of cardboard for easier decorating

To make your egg eggs-pecially creative, try one of the following ideas:

- Tie Dye your egg
- Model your egg after someone or something famous (Like Olivia's entry: "My Egg Totoro")
- Decorate a few eggs for a theme (like Darcey's Ice Cream Sunday entry!)

Or look up your other ideas online! The options for self-eggs-pression are endless!

**CHALLENGE: Make your own Easter Egg and send in a picture! There will be credits available to the most eggs-ceptional entries 😊**



Darcey  
A, 7H2

Olivia K,  
7H2



## Well-Being & Looking after ourselves...

Everyone knows the importance of getting enough sleep—not only does it repair your body and mind, it also helps you sort out all the information you take in during the day. However, many people don't realise the importance of keeping a regular sleep schedule.



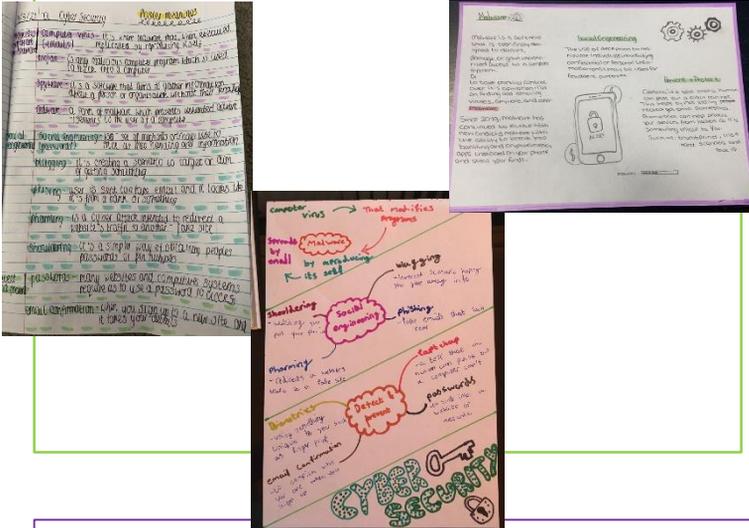
Keeping a regular sleep schedule (going to bed and waking up at the same time every day) maintains the timing of your body's internal clock and helps make falling asleep in general much easier. This is important because many young people aren't getting enough sleep as it is! Experts agree that teenagers between 13-18 should be getting 8-10 hours of sleep each night.

While it might be tempting to stay up later during the Easter holiday to play videogames or watch television, it is not good for your overall sleep health. You should aim to go to bed and wake up roughly at the same as you do for school.

**CHALLENGE: Write out a sleep schedule for the Easter holiday and the first week back to school. Try to keep it similar to what you do already!**

## Work that we're proud of...

Last week Miss Johnson's ICT class have been making posters on Cyber Crime. She has been really impressed with the quality of work that has been submitted. Well done Year 9 students!



## Friday Puzzle...

Can you guess the celebrity from behind the easter egg?



Ed Sheeran, KSI, Beyonce, David Attenborough

## Careers of the future.

Did you know that the majority of young people will have job when they are older that currently does not exist. The world of work is changing rapidly and employment will look very different in 2030. The majority of the jobs of the future are in STEM (Science, technology, engineering and maths). There will also be new jobs in the gaming and ICT, did you know that in the future you could become a Esports coach? Read more about careers of the future here:

<https://www.parentalguidance.org.uk/labour-market-information/20-top-jobs-of-the-future>

## Good news!

This week Year 7 have been partaking in a Egg decorating competition. There were some eggcellent entries, from Captain Tom, Minions, NHS wards and Doctors. Well done to all who were involved and the winners!



Joke.

Miss Reynolds: What is Easter Bunny's favourite kind of music? Hip-hop!

## Contact Us

[enquiries@st-bedes.durham.sch.uk](mailto:enquiries@st-bedes.durham.sch.uk)  
[@StBedesandByron](https://www.facebook.com/StBedesandByron)



**Bishop Chadwick**  
Catholic Education Trust

