



Friday Note

St Bede's & Byron

Staying safe. Staying learning. Staying in touch.

Byron students secure 6 places on prestigious Oxford programme

Out of only 25 available places allocated to the North East region, Byron students secured 6 of them on the Oxnet programme, administrated by Pembroke College, University of Oxford. Martin Old, coordinator of the St Bede's & Byron Oxnet programme, acknowledged that this is a tremendous success for the school, and that "it is only the tip of the iceberg of excellence for the school."

The course is in its tenth year, said to be the most competitive in its history and to be accepted, students had to write an essay demonstrating Originality of Thought and Intellectual Curiosity. Isobel Marshall, one of the students accepted, said "Oxnet allows you to break barriers in your learning, giving you and advantage in education that goes beyond the curriculum." Further information can be found on The Northern Echo website.



Reminders & Announcements...

Monday 3rd May – Bank Holiday

Next Week: **Week A**

Prayer for the Week...

Blessed St Joseph,

You listened in the depth of your heart to the call of God for you to participate in his plan for the salvation of the world, you responded with faith to that invitation.

Help me listen for the call of God in my life, help me understand what the Holy Spirit is asking of me, and help me be open to follow that invitation, with courage and a trusting heart. May your fatherly hand guide me and keep me safe.

Through Christ our Lord.
Amen.



Weekly Creative Challenge...

A *shape poem*, also called a *concrete poem* or a *calligram*, describes an object and is written in the shape of that object. You can create shape poems of all kinds, using objects or subjects that inspire you. This week, we'd like you to try to write your own shape poem. The theme should be something to do with Spring. You can write about *nature*, *weather*, *Easter*, and so on! It can be as long or as short as you would like. You can even mix genres and put a *haiku* or an *acrostic* poem in the shape of something! You can look up other shape poems online for inspiration. When you've finished your poem, send it in for a chance to get published in the next issue.



CHALLENGE: Write your own poem in the shape of something to do with Spring

Well-Being & Looking after ourselves...

As the weather gets nicer, it also becomes nicer to spend time outside. It's easy to see how this would be good for your physical health, but did you know that it is also good for your mental health?



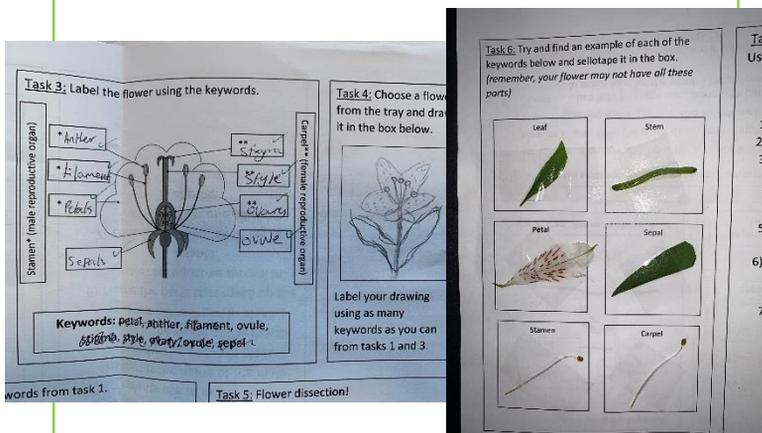
Harvard University in the United States had the following to say about the matter: "*Research in a growing scientific field called **ecotherapy** has shown a strong connection between time spent in nature and reduced stress, anxiety, and depression.*" They went on to say that: "*having something pleasant to focus on like trees and greenery helps distract your mind from negative thinking, so your thoughts become less filled with worry.*"

Going for a walk, sitting in the grass, or playing a game of football are all ways you can improve your mental health, so why not give it a go this week?

CHALLENGE: Try to spend some time outside every day***

***Make sure to always have an adult's permission!

Work that we're proud of...



Miss Hatcher is super-impressed with 7Y1's practical work when dissecting flowers.

Friday Puzzle...

I can travel at nearly 100 miles per hour, but never leave the room. You can cover me up, but that doesn't slow me down. You will not know if I happen only once or again and again and again. What am I?

A sneeze!

North East Job of the Week: Research scientist

Around 2000 species (types of plants and animals) are going extinct around the world each year! Would you like to be part of a team that is working on solutions to save our planets most loved creatures? Then you might be interested in working for the Marine Management Organisation (MMO) based here in the North-East. As a research scientist you would be out in the Ocean tracking different animals like dolphins and killer whales to check on the health of our marine ecosystems. Read more here: <https://www.gov.uk/government/organisations/marine-management-organisation>

Good News Stories...

Could you run faster than a T-Rex? The answer is: YES! (sort of..)

Although the giant meat-eating dinosaur is often famed for its ability to chase down its prey - something made popular in lots of films - researchers at the Dutch Naturalis museum have made a interesting discovery. In fact, the infamous Tyrannosaurus rex is much slower than once thought and most likely moved at a human walking speed. So, how did the scientists make this revelation? Read on to find out: <https://www.bbc.co.uk/newsround/56845360>

Joke: Why are fish so clever? Because they live in schools. 😊

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Bishop Chadwick
 Catholic Education Trust

