



Friday Note

St Bede's & Byron

Staying safe. Staying learning. Staying in touch.

Mental Health Awareness Week

Throughout the week, our tutor groups have been focusing on mental health and well-being in order to mark Mental Health Awareness Week. In particular, we have been looking at the positive impact of nature and the outdoors on well-being, discussing five ways to connect with nature according to the WWF.

Even before the pandemic and the subsequent lockdowns, young people have been experiencing unprecedented pressures from many different sources and so providing them with the skills in their toolkits and capability to discuss and describe their feelings are of paramount importance to ensure that St Bede's & Byron continues to develop well-rounded, resilient and ambitious young people for tomorrow.



Reminders & Announcements...

Next Week: **Week A**

Year 8 Parent's Evening: 10th June

Year 10 Parent's Evening: 24th June

Prayer for the Week...

Mighty God, thank you that you are my strength and my song, you fill my heart with joy. You have promised that those who hope in you will have their strength renewed. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Strengthen me according to your word. Remind me that my strength is found in you and your mighty power. Blessing and glory, wisdom and thanksgiving, honour, and power and strength, be unto you my God for ever and ever.

Through Jesus Christ our Lord, Amen



Weekly Creative Challenge...

This week is Mental Health Awareness Week and this year's theme as chosen by the **Mental Health Foundation** is: *Connect with Nature*

To help use connect with nature in a creative way, we'd like you to create a piece of art about something to do with nature. It can be a drawing, a painting, a collage or anything you like really! The only rule is that it has to be inspired by how **you** connect with nature.

Some examples could include:

- A drawing of the view from your window
- A nature-themed collage made of old magazines
- A sculpture made of sticks

The possibilities are endless!



CHALLENGE: Get creative with nature this week and send in what you create!

Well-Being & Looking after ourselves...

This week is Mental Health Awareness Week. Mental Health Awareness Week has happened every year for the last 21 years and is an opportunity for the people everywhere to learn more about mental health and how to achieve good mental health.

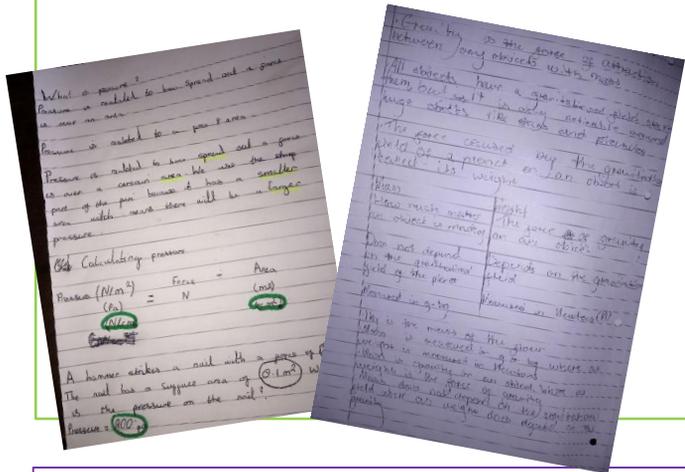
This week we would like you to listen to the information shared in tutor, PSHE, and around school and think about your mental health and what could help you achieve good mental health. Try reading more information online from sources like the **Mental Health Foundation UK** or **Place2Be** and consider what is going well for you with regard to your mental health and what could be improved.

CHALLENGE: Come up with an answer to the question: WHAT COULD IMPROVE MY MENTAL HEALTH?



Work that we're proud of...

Mr Griffiths is very impressed with 7X3 work on density and pressure!



Friday Puzzle...

What has hands and a face, but can't hold anything or smile?

A Clock

North East Job of the Week...

Software Developer

These days, software developers are needed in basically every field out there, and it's one of the fastest growing career paths. According to the Bureau of Labor Statistics (BLS), there were 400,00 software development jobs in the UK, and the 2017 median salary was £75,500. Software designers create the new technologies that businesses and the public need. All the apps, computer programs, websites and business tools were all created by software developers. This growing field is perfect for kids who like to think outside the box and create new solutions to problems.

Good News Stories...

The government is introducing a big plan to **improve the welfare and safety of some animals**.

The animals covered by the proposal include pets, farm animals and creatures in the wild. Laws to be introduced include improving standards in zoos, compulsory microchipping for cats and a ban on the keeping of primates - such as apes and monkeys - as pets. The UK government said it wanted to be a "global leader" on animal welfare and set "high standards for others across the world to follow".

Joke: I hate people who use big words just to make themselves look perspicacious.

Contact Us

enquiries@st-bedes.durham.sch.uk
@StBedesandByron



Bishop Chadwick
Catholic Education Trust

