



Friday Note

St Bede's & Byron

Staying safe. Staying learning. Staying in touch.

Year 6 Summer School

For the first week of the summer holidays, we are very much looking forward to welcoming some of our future Year 7 students to our school community for our summer school.

Throughout the week, they shall take part in a range of activities, including cooking and sport as well as a trip to Beamish and the Hexham & Newcastle Diocesan Youth Village. This shall allow students to get to know their brand new school, some of their teachers and, most importantly, meet their classmates and start to build friendships that shall last for many years to come. Following a challenging and unique period, especially our young people, we are very proud to be able to offer up to 60 students an opportunity to have new experiences and get used to our wonderful community before they officially begin in September.

St Bede's
Summer School 
2021 

Reminders & Announcements...

Next Week: **Week A**

Prayer for the Week...

Loving Father, I stand before You in the midst of confusion and complexities of life.

My future sometimes seems distant and unknown.

Give me, O Lord, the vision to see the path You set before me.

Grant me the courage to follow Your way, that through the gifts and talents You have given me, I may bring Your life and Your love to others.

I ask this through Jesus, Your Son and my Brother.

Amen



Weekly Creative Challenge...

All around the world, rainbows are viewed as a sign of hope and optimism. Over the past year, rainbows in windows and on posters have highlighted people's appreciation for the NHS. For your creative challenge this week, why don't you try this great rainbow cupcake recipe by the BBC?



<https://www.bbcgoodfood.com/recipes/rainbow-cupcakes>



CHALLENGE: Bake a batch of rainbow cupcakes and send in a picture!*

**Always make sure to have a parents permission!*

Well-Being & Looking after ourselves...



When was the last time you read a book for fun? We love to read here at St Bede's which is why a reading book is an essential part of equipment. But did you know that reading is also good for stress relief?

A University of Sussex study found that reading can reduce stress by up to 68%. Not only does it lower your heart rate, but it eases tension in your muscles. Reading can distract you from any stressors in your day. All it takes is a few minutes to make a difference!

Check out the following website for book recommendations:

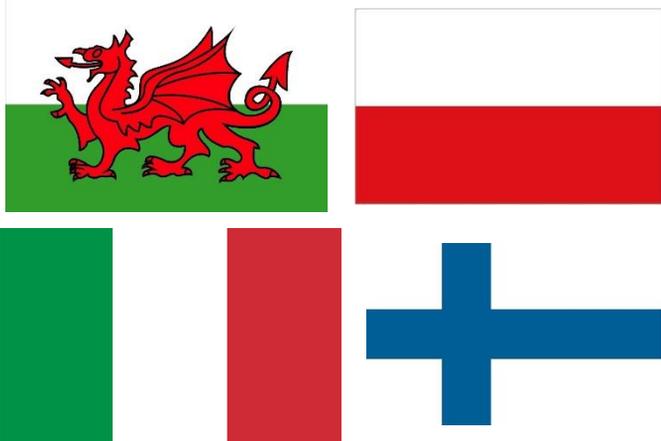
<https://schoolreadinglist.co.uk/>



CHALLENGE: Try to read for 20 minutes every day!

Euros 2020- Guess the country

...



Wales, Poland, Italy, Finland, Ireland

Friday Puzzle...

Can you guess the celebrity from behind the sun?



Stormzy, JK Rowling, Harry Kane, Perrie Edwards

Careers in Art and Design

Did you know that there are thousand of different jobs that you could get using your artistic and creative skills. These jobs involve working with a number of different industries within the public and private sector. One popular job within this industry is working as a graphic designer. This involves designing advertising and websites for different clients. Most graphic designers have studied graphic design at university or college and to be successful in this job you will need to have skills in communication, team working and creativity. A successful graphic designer can earn up to £50,000 a year!

Good news!

KS3 have been involved with a photo competition, We have loved seeing your entries, and well done to the Winners Isabelle, Lauren and Erin!

Well done to the winners of the Penalty shoot out competition! The staff were super impressed with how many goals you all Scored! Well done, Ryan, Harley, Joe, Harry, Josh, Jake, Jack Taylor, Lincon and Molly.



Fact.

Did you know that a hippo's milk is pink?

Contact Us

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Bishop Chadwick
Catholic Education Trust

