

St Bernard's Newsletter

February 2024

Headteacher Message

Dear families,

It is my pleasure once again to welcome you to our half termly newsletter. We had so much to put in each term that we decided to move to half termly. Once again, you will be able to see the variety of activities in which our students are engaged as well as their achievements.

Once again, it is great to see the way in which our students continue to flourish across a range of disciplines and the ways in which they bring our school motto to life in words and deeds! We were very grateful to have both Fr. Jean-Claude Selvini and Fr. Paul Fox guide us through our Ash Wednesday Services as we enter into what is arguably the very birth of our faith, Lent culminating in Holy Week and the joy of the Resurrection at Easter.

Our first Stations of the Cross begins on Friday lunchtime at 1.30pm and every Friday we are in school thereafter. We continue to speak to students (as you do at home) about the various ways in which they can observe Lent and focus on their faith. Whilst students may think of giving up things that are not very good for them, I hope that they will be encouraged to do more – more prayer, more charitable acts and more ways in which they can spend and observe time in conversation with God through His Son, Jesus Christ, who has brought about the possibility of our Salvation.



As we close for half term, I pray that all of our young people will take time to nurture their personal relationship with Jesus in order to answer God's call.

I wish you all a prayerful Lent.

Warmest regards

Mrs Moise-Dixon
Headteacher

School Events



Barclay's Game Changer
Mariah Clark-Hewitt has been successfully chosen to be Barclay's Game Changer.



Flash Mob
Our staff organised a 'Flash Mob' to wrap up the Pancake Races. Originally planned for last week, it had to be



Six the Musical
Students from Years 7, 8, and 9 attended a performance of "Six the Musical" at the Cliffs

girl's football, and she will encourage and inspire girls both in St. Bernards and across the Borough of Southend to participate in school and club football as they aspire to be future Lionesses.

postponed because of poor weather. Despite a few clouds, we really brought the sunshine!

Pavilion. The musical tells the story of The Six Wives Of King Henry VIII, providing an engaging way to learn history.

All students had a fantastic time and thoroughly enjoyed the show, enthusiastically singing and dancing along to the songs. A big thank you to the history department for coordinating this memorable trip.



Volunteering Visits to St Vincent's Centre

During their General RE lessons, our Sixth Formers are making a difference through ongoing volunteer visits to St. Vincent's Centre, a busy community hub supporting vulnerable people in Southend-on-Sea.



U15 National Athletics Championship

Honor Oteng, in year 7, competed in the U15 National Athletics Championship this weekend. She had some fantastic results placing 6th in her 60m final race.

She qualified for the 200m Semi-finals, but just narrowly missed out on a place in the final. Well done, Honor!



Year 8 Netball win

The year 8 Netball team achieved a fantastic 9-8 victory over Thorpe Hall on Monday evening. The player of the match was Mary Jane, but the whole team performed exceptionally well.

STEM Activities



The new cohort of Year 10 students is poised to embark on research for the upcoming Orbyt's program, collaborating with C. Ballard, a UCL doctoral student. In the previous program, our Year 10s' work pushed the boundaries of our understanding to the edge of space.

Additionally, we have STEM events for Year 7-9 students this year, with the overarching theme being 'time'. For Year 7, the STEM Shoebox Challenge marks Phase 1 in preparation for the Phase 2 event in March, where timing determines the fastest car.

In Year 8, students will delve into researching 'Neglected Tropical Diseases', emphasizing the urgency of time as scientists strive to halt these diseases' toll on lives.

Year 9 students will explore 'Conspiracy Theories' over time, investigating their formation, perpetuation, and how science challenges their credibility.

The Duke of Edinburgh's Award Update



Bronze – the group has now been finalised and registered. 70 participants in 11 teams are now starting their weekly expedition training. They are currently planning the first of two expeditions. Their practice will take place in May with their assessed expedition booked for June.

Letters regarding the details of these trips should be out by the end of the month. The combined payment is now on ParentPay and should be paid before 31 March 2024. A Parent Information meeting will take place in March and details of this will be in the letter. On Saturday the group went out with volunteers for a short walk around the Shopland area. The aim was to introduce participants to walking in fields and to discover what things like 'pylons' and 'stiles' actually looked like! It was a bright morning which greatly enhanced Y9's expedition training.

Silver – we have 2 teams now preparing for their assessed expedition which takes place at the end of April. Letters for this trip have been handed to participants and should now be on ParentPay with a deadline of 31 March 2024. This expedition will take place in Ashdown Forest. All of these participants can go on to complete a Gold Award.

I am particularly grateful to a number of these participants who have stepped up this year to act as Junior Leaders at weekly Bronze sessions. They are working alongside our Bronze groups, delivering training and taking part in expedition supervision. Thank you all for your support. Without your help, it would not be possible to offer Bronze DofE to everyone.

Gold – we have one Gold team preparing for the expedition. At Gold, the team takes a greater part in planning where they will walk and when. They have booked 2 days of training during the Easter holidays and will complete further training, practice, and assessed expeditions in the White and Dark Peak District at the end of July. Letters regarding their trips will be out shortly and payment details are now on ParentPay.

Thank you to my small group of adult volunteers who help me every week and to those who have offered their support for expeditions. We continue to look for volunteers who are free to assist us at weekly Bronze sessions (Tuesdays 3.30pm – 5.45pm). If you can commit to weekly sessions and would like more information please email – sjc@stbernards.southend.sch.uk.

Jack Petchey Awards



We are delighted to reveal our January Jack Petchey Award Winner is **Emma Cockling** in Year 11:

Emma is an outstanding Drama student for many reasons. It is hard to believe Emma only joined St. Bernard's in Year 9; her actions, ethos and values are fully aligned with the school and what a St. Bernard's student should be. She is hard-working, kind, and creative in lessons and values collaborative learning when in the studio. Emma has worked exceptionally hard to develop both her practical and theory skills and has made great progress throughout her GCSE thanks to her determination. Emma is a wonderful example of an outstanding St. Bernard's student. Thank you to the staff and students who nominated Emma.



Jack Petchey nominations are open for February 2024:

If you are unfamiliar with this scheme, the Jack Petchey Awards seek to reward outstanding achievement in young people in London and Essex. At St Bernard's the scheme works so that anyone can nominate the students (or a member of staff) and the winners are then chosen by the Head Student Team. Has someone that you know achieved something remarkable? This could be linked to their work in school or a wider achievement.

Nominations will close on the 29th of February, so if you have someone who you think deserves to be nominated, please use the following link to make your nomination. The more information we have about the nominee and what they have achieved the more likely they are to be a winner.

Remember that when you nominate, everyone wins, as the school receives a grant each month which the winners choose how to spend! <https://forms.office.com/r/6w3SQJTAjE>

Literacy



St. Bernard's is a school dedicated to building a love of reading amongst students. I have the pleasure of leading the school literacy strategy, and I would like to let you know about the initiatives we have in place across the school.

We now have a literacy calendar that we will follow as a school, helping to build awareness of the impact of reading and writing on our lives. This term we had our International Book Giving Day on 14th of Feb, where we asked all departments to nominate a student to receive a book related to their subject.



Following this, we celebrate World Book Day on 7th March. Students are encouraged to dress up as their favourite characters.

Each week in the school we also see students from Years 9 and 10 serving their community by participating in the Reading Leaders programme, where they are partnered with a student in a lower year, helping to guide them through their books and instil a love for reading. Year 9s are now on their second cycle and are a credit to our community. Many students also benefit from our Lexia

reading programme in school, a platform designed to support specific gaps in comprehension, grammar, and vocabulary.

Finally, St. Bernard's has partnered with lovereading4kids.co.uk, a website where members of the school community can purchase books for themselves, knowing that 25% of the cover price is donated back to the school. We also have a Wish List should any parent want to purchase a novel for us; we have received many and are grateful for the generosity.

We never take books for granted.

Thank you for your support,

Elizabeth Bailey
Assistant Headteacher

Chaplaincy news



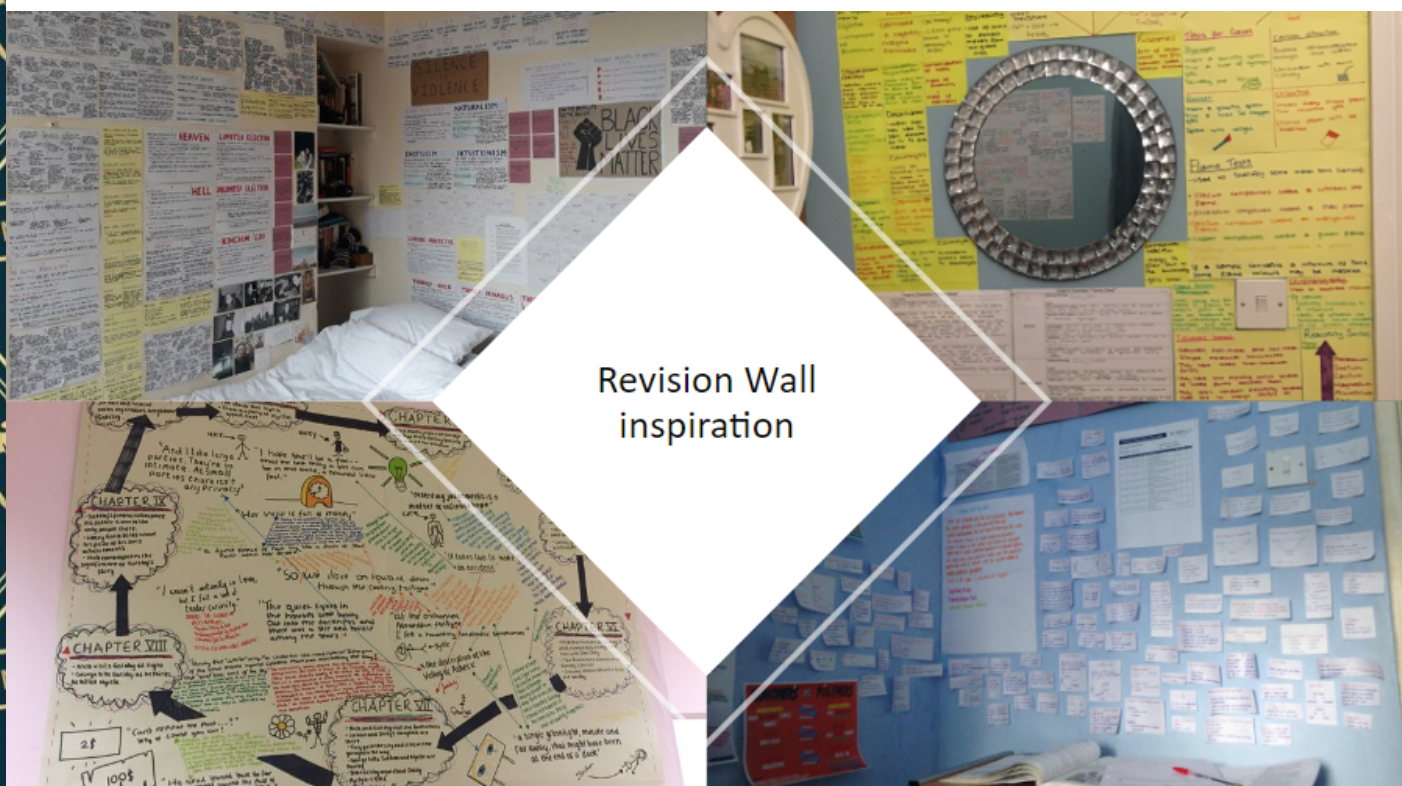
Pancake Races

The Pancake Races this year were super fun. Lots of very inventive fancy costumes, with the winners going to the Six Form for their unique fruits and vegetables! Despite that, the Men in Black and the Princesses are well worth a mention. Prizes were awarded to the winning team in each year group and the best fancy dress team. Lots of laughter and fun, while the runners tried to save their floppy pancakes and flip them in slightly damp frying pans.

Ash Wednesday

On the 14th of February, the School marked Ash Wednesday, a service of prayer and reflection at 11:15 am for Years 7, 9 and 10, and 2:30 pm for Years 8, 11, 12 and 13. The Celebrants were Fathers Jean Claude Selvini and Paul Fox. Uniquely, St Bernard's celebrates the cultural differences in our School with our Prayers of the Faithful spoken in many different languages including Hindi, Lithuanian, Greek, Igbo, Portuguese, French, Spanish, Italian, Arabic and English. The choir and orchestra added their talents to the reverence and beauty of the services.

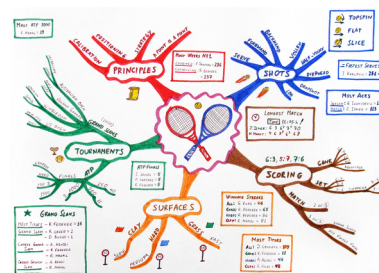
Revision Techniques: Mind Maps



Revision Wall
inspiration

In this section, we will provide step-by-step guidance on how to easily **create mind maps** for exam revisions.

To create effective mind maps for exam revisions, begin by selecting a topic you wish to revise and generating sub-topic titles to serve as prompts for your learning and recall. Once you have thoroughly revised the topic, set aside the material and obtain a blank piece of paper. Next, set a timer based on the length of the topic: shorter topics/chapters may require 3 or 4 minutes, while longer ones may necessitate a longer duration.



Write the topic name in the centre of the paper and initiate the timer. Proceed to create a mind map, capturing all the information you can recall from the revision session. When the timer concludes, pause and return to the revision material. Use a different colour pen to note down any information you were unable to remember, thereby highlighting areas that require further attention.

Finally, revisit the topic after a day or a few days, repeating this process to reinforce your understanding and retention of the material.

Journalism Team



Talented St Bernard's Sixth Former's raise £700 for charity.

I am part of Volume 11, an all-girls punk rock band, we have played as the four of us since August 2023, and started playing at gigs as soon as we could finding different venues to play at in Southend and our local area. Our most recent gig was at the IronWorks on the 26th of January, this event was hosted to raise funds for ironworks to help them stay open as a venue for young bands and musicians to play at as well as a place for various communities to go to.

We played in a line up of six bands:

- Dirty dreamers
- Volume 11
- The curbs
- Intermission
- New Found World
- They might be after us

This created a range of songs that were punk, rock, and indie including originals and covers each having a 45-minute set. This was all organised by Ash Britt who is the drummer in "They Might Be After Us". Due to good promotion from each band, we were able to sell out around 200 tickets making the event sold out and raising £696! It was a jam-packed evening full of great vibes and great songs.

our set list consisted of nine songs: So Hyper, Skater Boy, So What, One Way Or Another, Lethal Lolita, and Rebel Girl. Three of our originals, Raging written by Edith, as well as Twisted and Clinical which I wrote. are on our Instagram. Lethal Lolita and Rebel Girl are both songs from the

Riot Grrrl movement, which was part of a third-wave feminist movement promoting feminism through their songs. Although the movement was later phased out, it still inspired female Punk.

Volume 11 started as a band in school with Esme and me, as Scarlett was a past student, we later had Edith join us whom we met at a gig in June. Thanks to the help of our instrument teacher Tim Fletcher who has taught us in school and Mrs Githu letting us perform at the school's summer Soirée in June helping us to gain experience and progress as a band.

Written by Hannah Elliston

Photo taken by Olivia Woolford

Governors



Following successful elections for two new parent governors, the Governing Board is happy to introduce Kat Lilley and Theresa Goodrich. Kat is part of the PTFA and a Police Officer. Theresa is a primary school headteacher.

Our parent governors, who also include Jody Gordon, are important as they offer a differing insight into the school's processes, where they see the end product on a day to day basis. Their perspective helps the remainder of the governing body to understand a parent's viewpoint when making decisions.

Whilst all of our governors are available to discuss any ideas or concerns that you may have, you may prefer to make contact with a parent governor in the first instance.

Upcoming Events



Friday 1st March - Performances of A Midsummer Night's Dream by students in Years 8, 9 and 10

Thursday 7th March - World Book Day

WB 11th March - STEM Week

Wednesday 13th March - STEM Week Showcase

Thursday 14th March - Y7 STEM Event - Race-to-the-line

Tuesday 19th March - Performing Arts Showcase

Wednesday 20th March - World Story Telling Day

Monday 25th March - Celebrating International Poetry Day with three sessions with the poet "Breis"

Nursery for September 2024



Our Nursery

Our friendly nursery cares for children from 2 to 4 years old.
Why not come and have a look around our setting!
Email the office or phone to book a tour.

Email office@ourladyoflourdes.southend.sch.uk
Call 01702 475689

Our Lady of Lourdes Catholic Primary School
olol.co.uk

Our Lady of Lourdes Primary School is located in Leigh's heart along Manchester Drive, a short walk from the London Road. With its welcoming community atmosphere, it's a perfect choice for children entering Nursery in September 2024.

The school is proud of its family feel, which spans generations, and our vast grounds for children to play. Excelling in music, sport, science, and a balanced curriculum, This could be the ideal place for your child to flourish.

Thinking about your child as they grow, children at Our Lady of Lourdes Primary School transition easily and happily into our Reception classes.

PRAYER

Heavenly Father,

As I enter my Lenten journey, guide me to the path that leads to you. Fill my heart with gratitude, patience, strength, and peace as I strive to become the-best-version-of-myself, honestly admitting my shortcomings and sins. As I renew my resolve each day to become a better person, let me hear your voice in the deepest reaches of my heart. Give me rest in you. Stay with me through the busy days this week and remind me that when I need comfort, solitude, wisdom, or guidance, I can

always turn to you. Help me develop discipline and generosity through fasting and almsgiving, and come closer to you through prayer this Lent.

Amen



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