St Bernard’s High School
A Catholic Academy for Arts and Science

St Bernard of Clairvaux

Newsletter 3 - Spring Term 2017
Dear Parents,

Welcome to the third edition of our newsletter. We are constantly reviewing its format and content, and taking account of the useful comments made by both parents and students. The calendar on the back page is a case in point: it was suggested that having a reminder of key dates would be helpful, and there will be a simple calendar on the back of every future edition from now on.

Our newsletter has a structure that reflects the spiritual, moral, social and cultural aspirations that we have for the children in our care. As we celebrate Easter, the most important point in our Christian calendar, the opportunity to reflect on our spiritual development is one that we all should take. Please try to make the services in Holy Week a key part of your family life: in attending the liturgies in our local parishes we are helping our children advance on their journeys of faith, and celebrating what makes our school community so different from its secular environment.

I wish you a happy and holy Easter.

Yours faithfully

Mr A Sharpe
Head Teacher
Catholic schools are concerned with the entire and full education of young people, working within a Catholic learning community, and this emphasises the transmission of Gospel values, identified within the Beatitudes (Matthew; 5: 3-12) and centred on the life of Christ Himself. In the parable of the Talents, Matthew (25: 26-28) exemplifies that the formation of faith in a real and meaningful sense is nurtured through the obligation on each and every one of us to develop our God-given gifts and skills for the benefit of ourselves and our neighbour.

The school is developing a series of extra-curricular Curriculum Extension Challenges which aim to enable students to develop further their skills and talents, pursue excellence and appreciate their own individual contributions. A number of Year 8 students have already completed a Maths Challenge set by the United Kingdom Mathematics Trusts, which is linked to the School of Mathematics at Leeds University. This was centred on problem-solving, an important skill throughout life. All entries received certificates and the top three gained Mathematics prizes.

A number of Year 9 students recently took part in a Science Challenge whereby they conducted a research on the planet Mars. The Science Department were extremely pleased with the results and decided on the winners (Caitlin Farmer & Katie Rolfe) who received science books as prizes.
Year 7 students have also taken part in a poetry competition. The winning entry, ‘When Seasons Collide’ was penned by Anastasia Burdulea:

There is a darkness painting the sky, no sunlight to be seen. I feel the sadness sweeping by. it’s just so dismal and mean.

But through the clouds of despicable dismay, shines a sign of hope.

Like a heavenly beam of gold from above, a light splits the darkness apart.

This magic spreads around the fields, from dark to picturesque it goes. Every thread of grass grows green, every thorn now a rose.

After being neglected, rejected, by the cold soul of Winter. Spring has powered over the evil, of the cold and frostbitten.

Now I lay in the grass and flowers, that Spring has created. and I know next year, the battle will be here, as Spring defeats Winter’s cold tears.

SUCCESS IN MATHEMATICS

By Mr Clancy, Maths Department

Four students in Year 13 achieved bronzes in this year’s UKMT Senior Maths Challenge. Over 82,000 students from across the UK returned scripts for the Challenge with the top 10% receiving a gold certificate, the next 20% silver and the next 30% bronze. Three of the winners are pictured below:
BEACON SCHOOL IN HOLOCAUST EDUCATION

By Mrs Perkins, Teacher of History

St Bernard’s was one of eighteen schools nationally that was chosen to participate in the University College London Centre for Holocaust Education Beacon School Programme. The programme’s main aim is to transform teaching and learning about the Holocaust.

I am privileged to have the position of Lead Teacher on this programme and have attended a four-day residential seminar in London. The workshops considered issues such as: What imagery is appropriate when teaching about the Holocaust? Why the Jews?

Who was responsible for the Holocaust? I also had the wonderful opportunity to attend an Educators’ Forum with the Centre’s research team and international speakers discussing key research findings about collective conceptions of the Holocaust, students’ understanding of the victims, and understanding of the perpetrators.

Following on from this, the Lead Teachers were invited to UCL’S research launch, entitled: ‘What do students know and understand about the Holocaust?’ This research is the world’s largest ever study of secondary school students’ knowledge and understanding of the Holocaust and I was among the first 300 people to hear about it! I am now excited for St Bernard’s to use the research findings to ensure that our Holocaust Education is outstanding and that we are a lead school in our community.

OPPORTUNITY

Brentwood Catholic Children’s Society, based in Rayleigh, is looking for a new Trustee to join the Board. If you have accounting or finance skills and would like to join the talented Board of this diocesan charity please contact Steven Webb on 01268-784544 or swebb@bccs.org.uk
The Head Student Team has been delighted to see the dedication and enthusiasm from students across the school with regards to their studies. The Tassomai computer programme, introduced to some year groups in Science, has encouraged greater competition and the new digital screens throughout the school have fired up students who have displayed their own displays and notifications. I am always thrilled to witness similar enthusiasm at school council meetings where students confidently articulate their thoughts to their peers.

Much to our sadness, however, it is almost time for the present Head Student Team to hand over the baton to the next team, as we see this year’s period of elections develop. This is a very exciting timer for everyone involved, and I would encourage everyone to share in this excitement, listening to the speeches and contributing ideas before making a choice on Election Day. As a Catholic school much of our focus is on morality, justice and respect. Election time is the perfect example of students, and staff alike, operating the gift of democracy as part of our moral duty.

Similarly, the merits of justice and respect are exercised around this period, with election outcomes dependent upon the justice of a fair election and the respect of those unsuccessful, and indeed successful, candidates.

Morality is all about making the ‘right choice’, based on a particular system of values and principles of conduct. The definition of the ‘right choice’ may vary from person to person, but one’s morality must be applied in order to allow for both justice and respect to be seen in action. The election candidates themselves would also be expected to deliver a promise that holds moral weight.
Such qualities can also be linked to the current humanitarian crises as a result of conflict around the world. As a Catholic school, we have a moral obligation to support and uphold the finest features of humanity that unite us all. The question is, however, do we choose to sit back and watch crises develop, or do we aim to put an end to such disasters? This is a moral dilemma we face today, yet, many of us don’t have the means to end such crises. It is more about the choices we make in relation to the teachings of our faith and aiming to reflect this in the way we live our lives.

**BUST CHARITY**  
By Mrs Seabrook, Head of Textiles

10C have been raising money for BUST, a deserving local charity who have a crucial role in providing an important service for women in the local area. We raised £181.29 in 20 minutes, through a highly successful cake sale. All the cakes were made by the students and their families and were soon sold out. As 10C’s recent assembly was about the Good Samaritan this was a timely opportunity to invite a representative from the charity to receive the cheque and speak to the students in year 10 about the importance of the charity, whose role in detecting cancer and supporting women, regardless of their financial situation, has helped so many women in our local community.

10C continue to raise funds for BUST, selling the charity’s iconic pink T-shirts and caps for £3.00 and badges and pens for £1.00. These are available from Mrs Bulheller and myself.

**RUNNING FOR CHARITY**  
By Mrs Joyce, EAL Coordinator

I will be running in the London Marathon on 23rd April to raise money for Brentwood Catholic Children’s Society. BCCS provides trained counsellors that go into schools in our diocese and work with students and their families. They support students who are having to cope with a variety of emotional difficulties and help them to manage their situations more effectively and, then, focus more easily on their school work. All funding for this service comes from fundraising and donations.
I am organising a series of different fund-raising events and it would be great if I could get your support. I have already organised a quiz night at the school and there will be a charity meal at the Yak and Yeti in Leigh-on-Sea (full details to follow) on 5th April. I would welcome any donations for raffle prizes (e.g. unwanted Christmas presents or chocolates etc). I am going to hold a raffle for the students at the end of Lent, so anything that might appeal to them would be gratefully accepted too.

If you would just like to sponsor me you can do so by going to my fundraising page at www.btplc.com/mydonate and enter the name Lorraine Joyce.

FURTHER CHARITY WORK

By Mrs Roberts, Textiles Department

7M would like to convey their gratitude for the support shown by students for the charity CCLEF, much coming from the non-uniform day at the end of the last term. The first amount banked was £722 and there is more to follow.

Social

SPORTING ACHIEVEMENT

By Mrs Wood, KS5 PE Coordinator

I am pleased to announce that Amie Hudson was recently selected to represent St. Bernard’s as part of the East Region diving team and competed at the London Aquatics Centre in the English School’s Dive Championships. Not only is this a terrific achievement to make the team but it is highly demanding balancing and juggling the training required and managing academic demands from all her subjects. Amie’s call up represents another example of sporting prowess at the school. Well done, we are all proud of you!
HIGH KARATE

By Annalisa Marano, Year 12

I started doing karate when I was 5 and achieved my black belt aged 11. I train about 4 hours a week and help out teaching the younger students at my local club. I’ve competed all over the country up to National level and received bronze, silver and gold in my events and became Southern Regional Champion in 2012. It’s something I hope to continue with for as long as I am able to and perhaps one day I may be able to represent my country. At the recent Sports and Duke of Edinburgh Awards Evening I received the award for academic attainment for my A* in PE GCSE. It came as a surprise but I’m thankful for the award and now know that hard work does pay off. Thank you to all of the PE department and those who have helped me along the way.

JACK PETCHEY NEWS

By Mr Walls, Assistant Head Teacher

The first winner of the Jack Petchey Award this year is a Year 11 student who has represented the school faithfully and with distinction. She has demonstrated a willingness to help out in after-school sports clubs, events and fixtures, and has taken on different leadership roles within the PE department.

The next two winners were from Year 10 because of their outstanding attainment and effort. These model students are an inspiration to their peer group and are developing the independence and resilience to ensure future achievement. It is pleasing that their continual striving for success has been rewarded. The most recent winner is Vlad Macarie, in Year 13, for his support of younger students in his role as Maths Ambassador.
Last term the Speakers Trust, a noted charity on public speaking, ran the annual public speaking competition at the school. 89 students signed up for this event and I am grateful to Ms Connelly and Mrs Cook for supporting me and ensuring everything ran smoothly. It is a requirement that all students with an aspiration to become a Prefect take part in such training. Six students went through to the school final which took place during a PSHE lesson. The winner and runner-up will represent the school at the Regional Finals of the Jack Petchey ‘Speak Out’ Challenge later this term.

THE ‘SPEAK OUT’ CHALLENGE VOX POP
By some of the Year 10 students who participated

“I’ve gained confidence in myself and I had a voice today in speaking about something I feel is important.” (Rumaiya Miah)

“By the end of the day I didn’t care about what people thought of me, I just spoke from my heart.” (Megan Henderson)

“Coming into this experience, I was terrified and not confident at all. Now, I feel so much more confident, socially and with public speaking. I am so grateful for this experience.” (Emily V)

“Sitting in the room, hands shaking and heart beating, awaiting the trainer’s arrival, wondering over what challenges were in store. As soon as the trainer walked in I was put at ease and I have really grown in confidence.” (Katie)

“I walked into the classroom this morning absolutely dreading this and now I feel so much more empowered.” (Alexsandra)

The feedback from the trainers was glowing:

“What an unbelievably lovely group of students. They engaged exceptionally well in all the activities and delivered really great speeches at the end of the workshop. Really charismatic and expressive young people. I had one of the best days of my year!”
JACK PETCHEY ACHIEVEMENT
AWARD NETWORK NEWS

By Emily Squires, Year 10

A couple of months ago, Kinga Augustowska and I were approached by the school, and asked if we wanted to apply to the Achievers Network, which is a selective network for previous winners of the Jack Petchey Award. The purpose of the scheme is to train to become ambassadors for the Jack Petchey Foundation, attending events and helping other young people to achieve and get more out of life. As part of our training we raised a £60 commitment fee and organised separate fundraisers in the form of cake sales at the school. Our form tutors and the charity prefects of our form were very supportive and we aim to make the most of the opportunity we have been given.

CAREERS IN MENTAL HEALTH

By Mrs Davies, Careers Coordinator

A group of eleven Year 12 students interested in careers in Medicine and Healthcare accompanied Mrs Brook & I to a presentation on World Mental Health Day at Rochford Hospital, hosted by the South Essex Partnership Trust on Careers in Mental Health (SEPT). Students were invited to try their hand at taking blood pressure, resuscitation and heart monitoring. Presentations were delivered by Occupational Therapists, Physiotherapists, Nurses, Social Workers, Volunteer Support Workers and the Trust’s Training Manager.

Interestingly most of the staff that we talked to had started as either Apprentices or Support Workers and had obtained professional university training through secondment by the Trust.

MENTAL HEALTH CAREERS

By Ashleigh May, Year 12

I was given the opportunity to attend a trip to SEPT to help me gain information about the different careers in the field of mental health. By listening to the nurses and doctors, I gained knowledge on different mental health roles ranging from caring for teenagers, who have depression, to helping older people with an alcohol addiction.
The activities and discussions have helped me gain an insight into the challenges posed when supporting patients. The people I spoke to were willing to open up about their feelings at work and how rewarding it is to help others.

DUKE OF EDINBURGH NEWS

By Mrs Clancy, D of E Coordinator

Bronze: 92 students have registered to participate and have already completed their Physical and Volunteering sections. This term they have begun Expedition training and are currently planning their first practice Expedition in the Danbury area in May. This year, as an introduction to route planning and walking in fields, the D of E team took all 13 groups for a morning’s walk around the fields behind Garons. Many of our students have no experience of walking on footpaths and through fields and this gave them an insight into the terrain and use of maps, route cards, compasses and pacing.

Silver: The five Silver groups have been preparing for their final Assessment Expedition which will take place in April. Route cards have already been completed and submitted to the Assessors for checking. This will be the first Expedition out for the new camping season and both staff and students are looking forward to it. Miss Smith, our Reprographics Technician, has joined the team. She completed her DoE Award (in snow!) in Ashdown Forest and is looking forward to seeing how our students approach their Expedition.

Gold: A Report by Henrietta Standing: Over the past weeks we have been planning our Gold routes across the Lake District. We have chosen our campsites, with some of us daring to do more wild camps, where we will have no water taps or toilets! The great thing about doing DoE in the Lake District is that we have the chance to walk hand in hand with nature, across the rugged fell mountains and alongside the great expanses of glacial ribbon lakes. We’re looking forward to getting our team hoodies and then we’ll be raring to grab our rucksacks and begin our adventure.
FOOD, GLORIOUS, FOOD

By Mrs Johnson, Head of Food Technology

Year 11 Food students started their GCSE project with a design brief, which set out a nutritional task: for example ‘to design and make a high fibre main meal suitable for a pregnant woman’, or a ‘main meal with good sources of iron and protein for a vegetarian adult’. Each student chose their own focus, researched the nutritional element & the nutritional and other needs of the target group, before deciding upon four products to make which were adapted to their design brief, as a result of their research.

Following the making & evaluation of each product, including taste testing results from a number of people, they chose one of the four to further improve & refine and re-made it as a final solution to their original design brief. Below are examples of the projects created by Madeline Hall, Katherine O’Connell, Rachel Newsham & Shauna Ford Lissenden.

**Chicken Pasta Bake**

My aim was to make a higher in fibre meal for pregnant women. I achieved this by increasing the amount of vegetables and fruits within my final chicken pasta bake. Some of these fruits and vegetables included: tomatoes, peas, sweetcorn, peppers and herbs. I also added wholemeal pasta instead of regular pasta. These ingredients helped to increase the fibre, vitamins and iron of my product, further contributing towards a pregnant women’s diet and reducing any health implications that could occur in a lower fibre and higher in fat meal.
Vegetarian Option

My aim was to make a vegetarian main meal which was high in iron and protein for vegetarian adults. I achieved this by increasing the amount of vegetables in my final product. In addition, it had an increased amount of iron and protein due to the meat substitute and vegetables. I used, Quorn ‘chicken’ and spinach which is also high in iron and protein. Furthermore, I used an increased amount of peas as they were the favourite vegetable when I asked my target group in a questionnaire.

Mini Vegetable Pies

My aim was to make a healthy snack for a teenager on a low fat and sugar diet and the product I chose was Mini Vegetable Pies. I improved the nutritional content of my product by changing the appearance of my pies making the pastry thinner and adding decoration, this also improved the texture of my pies. My products were tasted and the feedback I received evidenced an improvement from a consumer perspective. Questionnaire feedback was also crucial for the choice of ingredients for the product, ensuring the all-important taste test.

Healthy Eating

My project involved the creation, design & making of a healthy version of a main meal which would ensure increased amounts of iron and vitamin C and be suitable for pregnant women. I adapted the recipe following research undertaking on vegetables and fruit that contain vitamin C and iron. I further adapted the recipe by not only increasing the levels of vitamin C and iron, but also reducing or even removing other ingredients, such as salt. In my final adapted recipe, I added onion, courgette and spring onions for iron, and tomatoes and red & green peppers for vitamin C.
NEW LIBRARY RESOURCES

By Mrs Middlemast-Neal, Librarian

Royal Society Book Prize Shortlist
This year’s Royal Society Book Prize shortlist books are now available to borrow from the library. They are:
The Planet Remade: How geoengineering could change the world, by Oliver Morton
The Most Perfect Thing: Inside (and outside) a bird’s egg, by Tim Birkhead
The Gene: an intimate history, by Siddhartha Mukherjee
The Hunt for Vulcan: How Albert Einstein destroyed a planet and deciphered the universe, by Thomas Levenson
The Invention of Nature: The adventures of Alexander Von Humboldt, the Lost Hero of Science, by Andrea Wulf (Winner): this also won the Costa Biography Award.

‘Man Booker’ Shortlist
All six books on this year’s ‘Man Booker’ shortlist are now available from the library. They are:
All that man is, by David Szalay
Do not say we have nothing, by Madeleine Thien
His bloody project, by Graeme Macrae Burnet
Eileen, by Ottessa Moshfegh
Hot Milk, by Deborah Levy
The Sellout, by Paul Beatty (winner)
The Baillie-Gifford Prize is commonly considered to be the UK’s most prestigious award for non-fiction books
This year’s shortlisted books are all available from the Library:

*Negroland: A Memoir*, by Margo Jefferson  
*Second-Hand Time*, by Svetlana Alexievich  
*The Return: Fathers, Sons and the Land In Between*, by Hisham Matar  
*East West Street*, by Philippe Sands  

All three books in Ransom Riggs’ “Miss Peregrine’s Peculiar Children” series are now available to borrow from the library. I have checked the public library service records and there is a long waiting list for the books according to their database!

**WORK EXPERIENCE**

*By Ms Davies, Careers Coordinator*

Year 10 students will have the opportunity in July [3rd-14th] to participate in two weeks’ work experience. Planning is underway and students are currently sourcing placements. Past placements have been many and varied with our students working with vets, bankers, solicitors, event managers, teachers, pilots, dress designers, artists, buyers, chefs, physiotherapists, estate agents, florists, scientists, performers and sports instructors. Many find placements in London and enjoy the commute some venture further afield! St. Bernard’s values work experience believing that it presents students with an invaluable opportunity to spend time in a real work environment and exploring career options, whilst developing independence, confidence and self-esteem.
Cultural

KEW GARDENS

By Year 10 students

On the 11th January the art students went on a trip to Kew Gardens in London to help develop ideas for our theme of Growth and Decay. By going on this trip we were able to gather first hand studies of various tropical and desert flowers and plants. To begin we visited the flora botanical exhibition, then the palm house and in the afternoon the Princess of Wales conservatory.

Inside the flora botanical exhibition, we were able to collect the names of the Japanese artists whose art work was inspirational in the field. Additionally, inside the exhibition there was a section dedicated to that of Marianne North- a woman who travelled round the world and painted her views in extreme detail, painting a total of 833 pieces.

Soon after, we visited the very humid palm house, with an underground aquarium and a balcony to overlook all the exotic plants. Here we were able to take pictures of plants we wanted to draw or paint on our return. The experience meant we were sharpening our first hand observational skills and enhancing our appreciation of form, texture and tone. In the Princess of Wales conservatory we were able to further this technique by sitting and simply drawing whatever seemed suitable for our sketchbooks, whether it be architecture, flowers or leaves.
On Tuesday 31\textsuperscript{st} January and Friday 3\textsuperscript{rd} February, year 8 went on an art trip to the Victoria & Albert Museum in London. We went on the trip so that we could learn more about the architecture of different countries and how their buildings are constructed. We went on a coach and we were handed a booklet to use throughout the day. On the coach we saw lots of iconic buildings of London such as the London Eye, the Shard and Big Ben.

When we got to the Museum the first activity was looking at the patterns, religion and describing what we saw in the Chinese and Islamic architecture. We had to draw a part of the architecture and describe it. Part of the museum was split into different rooms for Chinese and Islamic, so it would be easier for us to imagine how their buildings were built. We also learnt about why we have buildings and what they are used for. We looked at the different materials for different buildings and what countries would use what materials. As well as that, we looked at what held up the structures and how they were designed. I enjoyed learning about different types of buildings and materials and learning about new cultures and how their architecture differs from ours.
We went to the zoo in order to take primary images to include in our Travel Guide that is part of our A Level coursework. It was a tiring day due to seeing ALL of the animals in the zoo although we did take a break from walking by going on the Lost Madagascar Express train.
Calendar

Wednesday 8 March 4.15pm– 6.30pm Year 10 Parents Consultation Evening

Wednesday 15th March 8.30am-4.00pm Year 7 X Band visit to Colchester Zoo

Thursday 16th March 8.30am-4.00pm Year 7 Y band visit to Colchester Zoo

Wednesday 22 March A.M Year 9 Diphtheria, Tetanus, Polio, Meningitis ACWY Immunisations

Wednesday 22 March 4.15pm-6.30pm Year 7 Parent Consultation Evening

Sunday 26 March After the 10.00am mass Year 13 to Perform the Passion Play at St. George’s Church, Shoeburyness

Wednesday 29 March 4.15pm-6.30pm Year 9 Parent Consultation Evening

Thursday 30 March–Tuesday 4 April Departs 2.00am- Arrives back P.M. German Language Trip to Germany for Year 10 Students

Tuesday 25 April 11.35am-4.00pm ‘Meet the Professionals’ Careers Fair

Thursday 27 April 11.35am-12.35pm Year 8 Junior Maths Challenge

Thursday 27 April– Sunday 30 April Departs 1.00pm- Arrives back 4.00pm Year 10 Silver D of E Assessment- Ashdown Forest

Friday 28 April All Day Inset Day (Non-Student Day)

Wednesday 3 May 4.15pm-6.30pm Year 8 Parent Consultation Evening

Wednesday 10 May All Day Sports Day

Friday 12 May–Sunday 14 May Departs 1.00pm- Arrives back 4.30pm Year 9 Bronze D of E Practice– Danbury/Rettendon