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

St Bernard of Clairvaux

Newsletter 8 - Autumn Term 2017
Dear Parents,

Welcome to a very full edition of our school newsletter. We are delighted that so many students participate in the wide range of activities on offer, and it is equally good to see them put pen to paper in order to write about their experiences.

The distinctive Catholic ethos of our school can be seen to permeate every page of this edition, just as it has done in all previous editions. This is entirely right, as our Catholic faith is at the heart of everything that we do. In this context, it is wonderful to see those of our students from other faiths both sharing their personal faith journeys with us, and participating so fully in all our school activities.

Those of you with children attending other local Catholic schools will be aware that, in line with current diocesan policy, the Catholic schools in South Essex are exploring the formation of a Multi-Academy Trust. The aim is to secure strong Catholic education for the benefit of children in the South East Essex, and will build upon the successful working partnerships already in existence within our deanery. This is a plan that will take some time to bring to fruition, and there is much work to do beforehand for those schools involved. Although St Bernard’s is not part of these initial plans, we will retain the close ties we have with the Catholic schools in our deanery.

Finally, I would like to thank Mr Walls, Miss Smith and all the students and staff involved in the production of this newsletter. A great deal of work goes into each edition, and I hope you find it an entertaining and informative read.

Yours Faithfully,

Mr A Sharpe
Head Teacher
Let us pray.

May we not only love but accept and enjoy each other. May Your love, joy, peace and patience be at the heart of our relationships with one another, along with Your kindness and goodness, faithfulness, gentleness, and self-control.

May we encourage each other and build one another up in every circumstance. May we be willing to love each other as unconditionally as You love us, for such love forgives the wrongs of others and makes up for their many personal faults. In love, help us forgive without holding on to anger, resentment, or disappointment.

May we love and accept one another just as we are, not waiting for change or perfection—as in Christ You have accepted us. Help us be kind and compassionate to one another, forgiving each other as You have forgiven us.

Amen.
REFLECTIONS ON THE THEME OF ACCEPTANCE
By Melrose House Leadership Team

MATTHEW 22:1-14:

Jesus spoke to them again in parables, saying:

“The kingdom of heaven is like a king who prepared a wedding banquet for his son. He sent his servants to those who had been invited to the banquet to tell them to come, but they refused to come. Then he sent some more servants and said, ‘Tell those who have been invited that I have prepared my dinner: My oxen and fattened cattle have been butchered and everything is ready. Come to the wedding banquet.’ But they paid no attention and went off—one to his field, another to his business. The rest seized his servants, mistreated them and killed them. The king was enraged. He sent his army and destroyed those murderers and burned their city.

Then he said to his servants, ‘The wedding banquet is ready, but those I invited did not deserve to come. So go to the street corners and invite to the banquet anyone you find.’ So the servants went out into the streets and gathered all the people they could find, the bad as well as the good, and the wedding hall was filled with guests. But when the king came in to see the guests, he noticed a man there who was not wearing wedding clothes. He asked, ‘How did you get in here without wedding clothes, friend?’ The man was speechless. Then the king told the attendants, ‘Tie him hand and foot, and throw him outside, into the darkness, where there will be weeping and gnashing of teeth.’ “For many are invited, but few are chosen.”

What does this mean?

God sent His Son into the world, and the very people who should have celebrated His coming rejected Him, bringing judgment upon themselves. As a result, the kingdom of heaven was opened up to anyone who will set aside his own righteousness and by faith accept the righteousness God provides in Christ.

For us, as followers of Jesus, this parable means that we should accept everyone and nobody should be rejected no matter the circumstance. Despite any differences, we are all God’s people and should all be treated this way.

As it is said in Romans 15:7 –

“Accept one another, then, just as Christ accepted you.”
PRAYER FOR THE WORLD & LOCAL COMMUNITY

We pray for the World, especially for people in countries struck by natural disasters, as they prepare for an uncertain journey rebuilding their lives. We also pray for peace in our World: that people may live free from violence and feel safe, secure and hopeful for the future.

We pray for our local community, especially for the work of charities such as Harp and the Women’s Refuge. Lord, grant them strength, courage and guidance in continuing their work helping those in need.

LORD, IN YOUR MERCY.
HEAR OUR PRAYER.

PRAYER FOR THE CHURCH & THE SCHOOL

We pray for Our Holy Father, Pope Francis, that you may continue to guide him in his mission. We also pray for our Bishop Alan and the priests and deacons in our diocese. In addition, we pray for the Brentwood Catholic Youth Service as they move to Abbotswick. May their work with young people continue.

We pray for our school, that we may continue to aim to live by Jesus’ commandments ‘Love one another as I have loved you’. We pray for our students and staff, that all may continue to be guided by You to support one another.

LORD, IN YOUR MERCY.
HEAR OUR PRAYER

THE RIOT ACT
By Mr P. Walls, Assistant Head Teacher

In October, Year 7 students experienced an interactive road safety play, delivered as part of the Safer Essex Roads Partnership’s (SERP) road safety. They learnt about the importance of not being distracted around the roads when moving to and from school. In ‘The Riot Act’, actors assumed the roles of three teenagers dealing with their own issues and not paying full attention the roads. The performance was engaging and delivered with music, video imagery and references to which students could relate... namely ‘Pokemon Go’. After the play the actors broke character and conducted an interactive workshop to analyse the story and their characters and to go over some of the sad and hard hitting facts about the tragedies that occur on the roads in the UK, particularly with the students’ age group.
LEADERSHIP OPPORTUNITIES FOR SIXTH FORMERS

By Donna Bond, Essex Highways

Volunteer to become a Road Safety Ambassador

The Safer Essex Roads Partnership *(SERP) is working hard to ensure that the roads in Essex, Southend and Thurrock are safer for everyone. However, we are all responsible for safety on our roads and this is how you as a Road Safety Ambassador can help.

We would like you to represent Road safety within your school to your peers. The overall aim is to reduce the number of casualties and deaths on the roads in Essex. You will be helping to spread the message in your school.

We are looking for support with our campaigns, which we run throughout the year. The statistics show that young drivers/motorcyclists and moped riders have the highest collision rates of all car/bike drivers/riders in Essex, Southend and Thurrock.

You could help in a number of ways, including:

- Promotional displays/write ups in school newsletter.
- Display information on the interactive screens around the school and on the school website.
- Working alongside road safety staff when they visit the school.

We will support you with the various national and local campaigns and any ideas that you may have for a road safety campaign of your own.

- Road safety weeks
- Seat Belt and Child restraints campaign
- Be Safe Be Seen
- Powered Two wheeler campaign (win a bike)
- #My Small Change. (win a car)
- Drink/Drive and Drug/Drive campaign
- Mobile phone campaign
- Speed campaign

This role is entirely voluntary. You will receive a badge and an information pack to get you started. Volunteering for this role will also help you when applying for jobs and applying for a university place. If you have any questions please contact Donna Bond: donna.bond@essexhighways.org

*The Safer Essex Roads Partnership is a partnership between Essex County Council, Essex Police, Essex County Fire and Rescue Service, Highways Agency, Southend Borough Council, Thurrock Council and the Essex & Herts Air Ambulance Trust
Congratulations go to our departing year 13 students for their outstanding A Level results. Individual student successes are many and below are just some of the wide range of opportunities embarked upon by St Bernard’s students in 2017:

Agriculture (Nottingham); Financial Mathematics, History and Politics & International Relations (Queen Mary College, London); Italian, English Language and Mathematics (Reading); English & Drama (Warwick); Law, Art History, Visual Culture & History (Exeter); English Literature and Creative Writing (Brighton); Pharmaceutical Science and Midwifery (Anglia Ruskin); Psychology (Royal Holloway, London); Economics, Politics & International Relations (Oxford Brookes); Criminology (Greenwich) and Music (Canterbury Christchurch).

Students have also secured Apprenticeships in Digital Marketing and Social Care, whilst others have chosen to take a Gap Year to undertake voluntary work or go traveling.

We wish them well in whatever they do and look forward to hearing from them in the future.

Year 11 students completed two weeks work experience at the end of year 10. Placements were many and varied, including: the Houses of Parliament, canine hydrotherapy, advertising and marketing, perfume manufacture, performing arts and the theatre, Citizen’s Advice, teaching, investment banking, architecture, floristry, event management, wedding planning, transport, retail, catering, estate agency, pharmacy, law, media planning, insurance, probate genealogy, opticians, photography, fitness, accountancy, broadcasting and TV production.

Many students faced the daily commute to London without fear and enjoyed the experience!

Employer feedback was excellent: ‘her attitude was very positive and she excelled in every task we gave her’; ‘she has understood and maintained the confidentiality demanded of staff and volunteers with a maturity beyond her year’; ‘she has excellent communication skills’ and ‘her timekeeping, appearance, reliability and willingness to engage in the tasks have been excellent’.

Thanks go to the employers for their continued support of our students and to our students who were a credit to themselves and the school.
COURT EXPERIENCE
By Mariana Martins, Year 11

During my work experience at the end of Year 10, I experienced working life in a Criminal Defence Solicitors office (EBR Attridge). I visited Southend Magistrates’ Court for the first 2 days to see the firm’s solicitors in action; it was a very interesting experience, giving me a very good insight into how court works and how lawyers deal with different cases. It was very good to witness how solicitor attempt to protect their client and how the court tries to ensure criminal justice.

On the second day, I gained knowledge of the role of the Duty Solicitor in court, an important role to try to ensure the legal rights of those who need representation. I spent the whole morning in court and witnessed video conferences, one from Chelmsford Prison. It was very exciting to see the court making the decisions, though the Magistrates’ Court were sometimes obliged to refer decisions to the Crown Court when the issue was serious enough. I also witnessed a case dismissed by the Magistrates because of a lack of evidence. The entire experience has given me a better insight into how the country’s law works.

JACK PETCHEY NEWS
By Mr Walls, Assistant Head Teacher

The Jack Petchey Foundation is a secular organisation, which has worked with the school for ten years. Each month members of the school learning community have the opportunity to vote for a peer who has ‘made a difference’ or a significant contribution to school life. This might mean producing work of a very high standard, working exceptionally hard or overcoming a personal challenge. It is NOT about being ‘the’ best BUT being the best ‘you’ can be. The Head Student Team decide upon the winners, the achievement then celebrated in assemblies in front of the entire year group. The winners decide where, and how, a grant of money gets spent for the benefit of students.

Previous grants have been spent on supporting the Year 11 Leadership Conference, the Sports and Duke of Edinburgh Awards Evening, debate training, departmental resources and to access outside speakers for the PSHE Programme.

The values of this secular organisation dovetails beautifully with our inclusive Catholic ethos. Each of us is unique and we are special by virtue of the fact that God created us, in His own image. This gives each of us a mandate to work hard and use our God-given talents to reflect God’s glory. We have an
obligation to maximise our potential, not for selfish reasons, but to benefit others. In doing this, we honour God and emulate Jesus Christ, His Son. And, in contributing to the community we show that we ‘love one another as I have loved you’ (John 15:12).

**JACK PETCHEY COMPETITION**  
*By Mr P. Walls, Assistant Head Teacher*

The Jack Petchey Foundation have pleasure in announcing a new competition open to all Jack Petchey Achievement Award winners. The idea is that Achievement Award winners share a selfie on Twitter or Instagram and tag the Jack Petchey Foundation in it (@jpfoundation on Twitter, jackpetcheyfoundation on Instagram) as well as adding #inspire, #motivate or #achieve, discussing how their award showed their achievement, motivates them or inspires them. Entrants could win an iPad Mini 2!

The competition is open for the rest of the year and beyond, so there is more than enough time for previous Award winners to think of the most inventive and creative selfies, whether it includes their award or not! Please check the link below for the competition rules.

https://www.instagram.com/p/BYTJ9LziCWw/

@jpfoundation  
jackpetcheyfoundation  

#inspire  
#motivate  
#achieve
CHRISTMAS CARD COMPETITION
By Mr M. Galton, Head of Art

You are warmly invited to enter our Christmas Card competition by designing a liturgical Christmas Card. It must:

- Be A5
- Fill the space
- Be in realistic colours but colourful
- Be detailed
- Be made with care

The deadline is 10th November. See Mr Galton for more details.

We need YOU to design a Christmas Card!
Use the following prayer along with other references / symbols to the Year of Grace to create a liturgical Christmas Card:

“We thank you for the Year of Grace, a time to start afresh from Christ
You invite us to contemplate the face of Jesus your Son, that we may experience a new wave of grace, and that the light of Christ may burn more brightly in our lives”

In order to get shortlisted, it must:

- Be A5
- Fill the space
- Follow the brief (see above)
- Be in realistic colours but colourful
- Be detailed
- Be made with care

All entries must be submitted to Mr Galton in the Art department by

10th November!

Last Year’s winner >
Social & Cultural

STUDENT VOICE: STUDENTS MAKING THEIR MARK
By Mr Walls, Assistant Head Teacher

Tutor groups have recently engaged in a consultation exercise for students called ‘Make Your Mark’ and voted for issues which they would like to see debated by the UK Youth Parliament. This debate will take place at the House of Commons on 10th November, where there will be five topics under the microscope. This is an important vehicle for students and young people to have a voice, as well as encourage political literacy and enhance political awareness of rights.

At St. Bernard’s the votes for the different topics for debate were as follows:

<table>
<thead>
<tr>
<th>TOPIC OF DEBATE</th>
<th>NUMBER OF VOTES CAST</th>
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</thead>
<tbody>
<tr>
<td>A Curriculum for life</td>
<td>139</td>
</tr>
<tr>
<td>Mental Health</td>
<td>67</td>
</tr>
<tr>
<td>Work Experience Hubs for 11-18 year olds</td>
<td>42</td>
</tr>
<tr>
<td>Votes at 16</td>
<td>38</td>
</tr>
<tr>
<td>Protect LGBT+ People</td>
<td>34</td>
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<tr>
<td>Transport</td>
<td>32</td>
</tr>
<tr>
<td>First Aid Education for All Young People</td>
<td>31</td>
</tr>
<tr>
<td>Protect schools’ budgets from damaging cuts</td>
<td>25</td>
</tr>
<tr>
<td>Support for Young Carers</td>
<td>21</td>
</tr>
<tr>
<td>Make the invisible visible</td>
<td>6</td>
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</tbody>
</table>

TRIP TO THE ESSEX RECORDS OFFICE
By Isabel Wayman, Year 13

On the 29th September three A Level History students, Mrs Rix and I attended a workshop put on by the University of Essex at the Essex Record Office in Chelmsford. The day started with a brief history of the Record Office, the nature of the archives and the importance of preserving primary documentation. We were fortunate enough to see how a conservationist repairs and cleans documents in the archives and even tried our own hands at this important work. Later we viewed some original documents from over five centuries ago, including a Bible owned by King James I. A talk from a lecturer from the University of Essex followed, giving useful tips into University applications, which I am sure will be useful later this year. Finally, we carried out some research requiring the use of the Records Office online catalogue to find out about a World War 2 nurse.
The following books from the 2017 Royal Society Insight Investment Book Prize are now available to borrow from the library:

“In Pursuit of Memory: The fight against Alzheimer’s” by Joseph Jebelli
“To Be A Machine: Adventures Among Cyborgs, Utopians, Hackers, and the Futurists Solving the Modest Problem of Death” by Mark O’Connell

“Other Minds: The Octopus and the Evolution of Intelligent Life” by Peter Godfrey-Smith
“I Contain Multitudes: The Microbes Within Us and a Grander View of Life”, by Ed Yong
“Beyond Infinity: An expedition to the outer limits of the mathematical universe” by Eugenia Chang
“Testosterone Rex: Unmaking the myths of our gendered minds” by Cordelia Fine (WINNER)

There is also a selection of books from the 2017 longlisted Baillie-Gifford prize for non-fiction:

“The Islamic Enlightenment: The modern struggle between faith and reason” by Christopher de Bellaigue
“How To Survive A Plague: The story of how activist and scientists tamed AIDS” by David France

CELEBRATING A TALENTED SPORTSWOMAN:
ARCHERY SUCCESS

In August, Lilly Duffin, Year 9, shot at the Southern Counties Archery Championship, her efforts rewarded with an individual silver medal and her shooting was good enough to win a place on the County Team.
This month has seen further success when she shot at the Essex County Field Championships, where she won second place and the Lady Paramount Award. This is particularly impressive given that it was her first ‘field shoot’, a completely different archery discipline. The weekly training sessions at Alleyn Court are clearly paying off. Well-done Lilly!

DUKE OF EDINBURGH’S AWARD NEWS
By Mrs S. Clancy, D. of E. Co-ordinator

Silver Practise Expedition: Thursday 5 – Sunday 8 October 2017
31 students and staff set off at lunchtime on Thursday for the Silver Practise in the Chilterns. The weather for the weekend was ideal, not too hot, relatively rain-free and no big drop in temperature overnight. This was a step up from Bronze and expectations were therefore higher. The teams spent their evenings improving their Route Cards, map and compass work. The staff gave another Friday evening impromptu performance highlighting all the errors made during the day, so teams could rectify errors.

The groups made progress over the weekend. Their challenge for the Assessment is to arrive at checkpoints within a reasonable time of that published on their Route Cards. Over the Winter the teams will be working on their Assessment Route Cards which need to be completed and sent for checking by the Assessor before setting out next season. They also need to focus on completing the other sections of the Award and entering this information onto their EDofE account.

Bronze Training
Approximately 90 Y9 students are attending regularly on Thursday evenings. Letters have gone out and Registration forms are beginning to come in for their EDofE. This term the group are working to complete their Volunteering and Physical Sections of the Award.

Gold Training
Following the initial meeting last week, 24 students have expressed an interest in completing their Gold Expedition next Summer. They will be meeting each Thursday lunchtime from now until Easter in order to plan their routes around the Lake District next July.
LIFE DRAWING REVIEW
By Samantha Dube, Year 13

The sixth form art students recently had the chance to take part in an enriching artistic experience. Thanks to the organisation of the art department, we were lucky enough to have renowned landscape artist Jeanette Barnes from the Royal Academy come in to host the day’s session.

Armed with A1 pieces of paper and a bucketful of charcoal, we commenced with the day’s activities, starting with a simple drawing of the figure. The aim of the day was to begin to step out of our comfort zone and to show the process of how we improve our work. So after speaking to our peers about the improvements we could make, Jeanette sprung an unusual task upon us. We were instructed to draw on a large piece of paper in unique and almost childlike ways including the following: ants crawling on the page, pretending a fairy was bouncing around the page, as well as using sharp or harsh lines. This was extremely different to the sustained and controlled drawings we are used to completing as part of our coursework.

We continued on with the workshop, drawing in ways we weren’t particularly used to which eventually led to us completing longer figure drawings. Along the way many of my peers described the session as “fun”, “eye-opening” and even “bizarrely interesting” and that’s certainly what it was. With the skills we had manifested throughout the day we completed these larger drawings and reflected on them together.

The life drawing class was a great opportunity for us to enhance our sketchbooks and how we complete our more detailed pieces. We thoroughly enjoyed the day and most of us say we’d love to do it again.

THE GEOGRAPHY OF NORFOLK
By Ma Zandra Restubog, Year 11

The year 11’s have taken a recent three-day trip to Norfolk, aiming to understand the different sea defences, coastal management plans and how to collect data from fieldwork.

We reached the Kingswood Centre all excited. We began our research with a two-hour lesson to help us identify the different sea defences, which we would visit the following day. We had already learned how to do fieldwork in coastal areas and knew how
to complete a beach profile, as well as undertake a wave count and pebble analysis. Now, we learnt about different management plans used for the area based on land value and the erosion effects to the land. These lessons were very educational and helped us in our fieldwork the next day.

On our second day, we visited four different locations along the spit of Cromer, to test our different hypotheses. One of these considered how the pebbles along the coast would become more eroded, smaller and rounder because of the backwash drift. Our starting point of the day was Salthouse, which is the nearest location to the turning of the spit, with a population of 200 people. The fieldwork enabled us to evaluate the coastal land, assessing how Salthouse has destructive waves, with no sea defences because it has no land value. Pebbles here were rounder because of erosion by the longshore drift. We repeated the fieldwork in Weybourne, West Runton & Sheringham. This led to an evaluation that our hypotheses were accurate, since Weybourne was the furthest away from the spit and contained large angular pebbles. Pebbles became smaller along the coastline of the spit.

On our last day, we travelled to Cromer, a declining tourist area of Norfolk. The area still has a high land value and heavy sea defences, since it was once an area of high population, attracting many tourists. We analysed the different shops, finding that these targeted the locals because of the decline of in tourism. Nonetheless, the area has tried to diversify to attract outside visitors.

This trip has helped us understand in more depth about the coastal areas and will be invaluable for our GCSE Geography exam.
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<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tr>
<td>Monday 13 November</td>
<td>3.40pm</td>
<td>Visit to Brentwood Dry Ski Slope</td>
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<td>Monday 13 November</td>
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<td>Yr 8 Charity Dance-Off</td>
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<td>Tuesday 14 November</td>
<td>12.45pm</td>
<td>Healthcare and Science Careers Presentation</td>
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<td>Wednesday 15 November</td>
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<td>School Closes at 2pm</td>
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<td>Wednesday 15 November</td>
<td>7.00pm-9.00pm</td>
<td>Yr 12 Open Evening</td>
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<td>Thursday 16 November</td>
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<td>Staff Training Day</td>
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<tr>
<td>Friday 17 November</td>
<td>12.45pm</td>
<td>Engineering Careers Presentation</td>
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<tr>
<td>Monday 20 November</td>
<td>4.00pm-5.00pm</td>
<td>Collection of Last Year’s GCSE Artwork</td>
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<tr>
<td>Tuesday 21 November</td>
<td>4.00pm-5.00pm</td>
<td>Collection of Last Year’s A-Level Artwork</td>
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<td>Wednesday 22 November</td>
<td>4.15pm-6.30pm</td>
<td>Yr 13 Parent Consultation Evening</td>
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<td>Thursday 23 November</td>
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<td>Yr 10 Visit to “Maths in Action” Conference</td>
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<td>Friday 24 November</td>
<td>3.30pm-6.00pm</td>
<td>Chamber Choir Performs at Southend Festival</td>
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<td>Wednesday 29 November</td>
<td>7.00pm</td>
<td>Sports &amp; DofE Awards Evening</td>
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<td>Thursday 30 November</td>
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<td>Yr 12 &amp; 13 Visit to “Maths in Action” Conference</td>
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<tr>
<td>Friday 1 December</td>
<td>All Day</td>
<td>Yr 11 Mock GCSE Art Exam</td>
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<td>Wednesday 6 December</td>
<td>7.00pm</td>
<td>Carol Concert</td>
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<td>Friday 8 December</td>
<td>All Day</td>
<td>Staff Training Day</td>
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<tr>
<td>Friday 8 December</td>
<td>9.00am-3.00pm</td>
<td>Yr 10 Jack Petchey ‘Speak Out’ Day</td>
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<td>Tuesday 12 December</td>
<td>All Day</td>
<td>Sixth Form Taster Day for Yr 11 Students</td>
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<td>Monday 18 December</td>
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<td>Yr 12 &amp; 13 Drama Trip to Geilgud Theatre</td>
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<td>Tuesday 19 December</td>
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<td>Christmas Dinner and Non-Uniform Day in Support of ‘Tickled Pink’ Breast Cancer Charity</td>
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<tr>
<td>Friday 20 December</td>
<td></td>
<td>School Closes at 12.30pm for Christmas Break</td>
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