St Bernard’s High School

YEAR OF STEWARDSHIP

Newsletter 15  Summer Term 2019
Dear Parents,

Welcome to this, our Summer newsletter, and the final newsletter for this academic year. I hope that you find it useful and informative – there are many exciting events at St Bernard's, and herein we have captured just a sample of them.

I would like to thank Mrs Pestana for editing this edition. She has once again generously stepped in to take responsibility for our newsletter, as Mr Wall's continues to battle serious illness. Please keep him and his family in your prayers.

**Good luck to Years 11 and 13**

The Summer term can be stressful for all students, as assessments of progress take place across the curriculum. However, we would like to keep those students taking public examinations in our thoughts and prayers at this time. Year 11 and Year 13 students are working very hard, and their industry is being matched by staff, with revision workshops and extra activities being arranged by many academic subjects. It is essential that students are in school to take advantage of these opportunities, and to feel supported by their peers. Please do all you can to support your daughter or son in this regard.

**Thank You**

Finally, I would like to thank you in your role as parents, for your support so far in this academic year. No school can be truly successful without the understanding and backing of parents: our children need to hear a consistent set of values from both home and school, and we thank you for the role you play in this partnership.

Yours faithfully

Mr A Sharpe  
Head Teacher

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WISHING YOU A RESTFUL Summer
We are delighted to announce our new head student team.

Head Student: Annie O’Leary, 12-3
Deputies: Maria Hume, 12-2 and Katy Lloyd, 12-1

These elections followed a rigorous interview process to narrow down the field to a final list of candidates, who were then introduced to all year groups in our assemblies. Strenuous campaigning followed, and the election turnout was very high indeed.

We thank all students who put themselves forward for these important roles.

CONGRATULATIONS

We also thank our outgoing team Catryn Thomas, Beatrice Sleigh-Johnson and Amy Salmon. They achieved so much in their fundraising for charity, in their public speaking, and in their general leadership of the student body.
SPIRITUAL AND MORAL

Our Year 13 Interpretation of Christ’s Passion

By Catryn Thomas - Year 13

At the end of last term, following the longstanding St Bernard’s tradition, Year 13 performed the Passion Play during the Easter service.

As Head Student, I had the honour of directing and producing our interpretation. The initial phase began with the script team and I, editing relevant gospel texts into the script. Once that was approved and after auditioning the key roles, we moved into the rehearsal phase.

As a Theatre Studies A level student, I had great visions for this years’ dramatization. I wanted to incorporate the style of a well-known (and my favourite) theatre practitioners, Frantic Assembly, into this year’s interpretation. The overall objective was to breathe new life into this much-loved staple of the school calendar. Whilst this proved challenging and a huge task, the Year 13 and I, are very proud of the end result. Frantic Assembly’s physicality added a new dynamic to the betrayal by Judas; Sophie (Jesus) and Darcey (Judas) worked hard to create a Round-By-Through sequence, that I hope many will agree, was very powerful. Another highlight was the Garden of Gethsemane, where the disciples moved in a planned sequence with tea light candles. In the final performances I was taken aback by how beautiful it looked. Combined with the atmospheric lighting and music the scene certainly captured the essence and pathos of The Passion, despite the numerous setbacks we experienced during rehearsals!

This is a common theme when I look back over the rehearsal process, I really do feel that the end result really came together, and for that, my thanks goes to everyone who worked hard, from the actors who put up with my very particular style of direction, to the lighting and sound team who played indispensable roles in keeping the flow of the piece as intended.

I’m sure I speak for all of Year 13 when I say it was a challenging experience, but I certainly am very grateful to have been given the opportunity to direct what proved to be a moving performance, that showcased the acting, artistic and musical talents that make up our year group.

“But far be it from me to glory, except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world.”

St. Paul
On the 25th February, a group of sixth form students embarked on a trip to Venice in Italy. After waking up at five in the morning and crawling through the traffic on the M25 we finally made it to the airport, boarded the plane and set off for Venice.

All was going well until ... a student unfortunately left his phone on the aeroplane! We will never forget our first impressions of Venice ... and the lost and found department at the airport!

We eventually made it to our hotel which was situated on the edge of a picturesque canal. The expansive windows with painted shutters, afforded us with beautiful views of the canal and the city. After we arrived we embarked on a walking tour of the city. We learnt a lot about the history of Venice and the Venetian carnival which happens every year. Over the 5 days we were there, we became very interested in the carnival. We saw many locals dressed in masks and fancy costumes, as well as pirates covering bridges of the canals. The carnival made our trip extra special and we feel very lucky that we experienced something so rich in culture and tradition. One of the things that we did, which everyone enjoyed, was taking part in a mask-making workshop. We learnt about the history of the masks, how they were made, and we also painted our own. This was both fun and informative ... and we created our very own souvenir!

Over the five days, we spent time in a range of art galleries, museums and churches which house a variety of artworks, including sculptures, religious art and modern art. We saw work from many well-known artists such as Dali, Magritte, Alexander Calder and Picasso. Visiting the galleries gave us a lot of inspiration which we could take home with us. We recorded facts and artist copies into our sketch books which would link to our A level projects. One gallery which we all enjoyed was the Penny Guggenheim museum which houses a collection of modern art. In this museum, we each had to pick an artwork we liked, and write an analysis about the work. We then went around one by one and explained to the group a detailed summary of the work talking about the meaning, colours and why we liked it. This helped us with our skill to analyse and evaluate artists work and allowed us to give feedback to one another.
As well as impressive work within the buildings, the Venetian architecture was inspiring. The buildings displayed intricate sculptures, pillars and beautiful stained-glass windows. Walking around the city and drawing these buildings allowed us to look closely and realise how clever and impressive the architects were.

We all took away a lot of inspiration from the trip. It was valuable to the development of our observation skills and our range of experimentation, to draw the city. We learnt from our walking tour that there were 177 Canals in Venice connecting this beautiful floating city, that it was originally green land and now it is all stone and water, and there is only one park in the entire city.

We visited several amazing churches including the cathedral. There are around 200 churches in Venice. We drew inspiration from several of them, from both the exteriors and interiors, the religious iconography and artworks. The cathedral had a very impressive highly detailed gold painted mosaic ceiling, which amazed us all.

When we realised that we would be going to Venice, I think a lot of us were excited about the food. The number of pizzas, crepes and ice creams that were devoured during the week did not disappoint! Overall the sixth form students enjoyed being in Venice.

We would like to say a massive thank you to Mr Galton and Miss Dellaporta for organising the trip and for looking after us.
Meet the Professionals Careers Fair  April 2019

Once again St. Bernard’s welcomed over 70 employers representing over 50 professions to our Annual Careers Fair, to talk about the numerous and exciting career opportunities available within their chosen fields.


Feedback from delegates has been positive. In particular, they were impressed by the calibre of questions asked of them by both the students and the staff!

My thanks go to all the delegates for their continued support of St Bernard’s.
“Careers in Medicine! morning at Southend Hospital

Our year 11 and 12 aspiring medics, attended a ‘Careers in Medicine’ morning at Southend Hospital at the beginning of February. The event provided students with invaluable information on applying to medical school, whilst giving them first-hand insight into the experiences of current practitioners from medical students through to GPs, Consultants and Surgeons. Our students met with a medical student from Barts and London, Consultant Surgeons, a Foundation Doctor, a GP and three ST4 doctors. Students had the chance to question the individual presenters and to learn about work experience and work shadowing opportunities available at the hospital.

Meet the Professionals at Southend Hospital

Year 12 students aspiring to work in Healthcare attended at ‘Meet the Professionals’ Day at Southend Hospital. Students met with a Speech and Language Therapist, Maternity Services, Hospital Security, Accident and Emergency, Doctors, a Ward Manager, Pharmacists, Radiotherapists, Human resources, IT, a Matron, a Breast Cancer nurse and a Nurse Nurse. Tours of the hospital Pharmacy, Radiotherapy Physics unit, MEMS (Medical Equipment Maintenance Services) were undertaken. Students had their BP, pulse and oxygen levels tested and were invited to participate in an Infection Control, hand washing demonstration and First Aid session. Additionally, students had the opportunity to question the individual presenters and to learn about the opportunities available at the hospital. This visit provided the students with an invaluable insight into a busy NHS working hospital.

Careers Talks

We have been fortunate this year to welcome many employers into the school to deliver presentations to our students in years 10 and 12. Rosie Barnes, a Social Documentary Photographer, spent time with our A Level Photography students talking about her career in photography, bringing with her exemplary examples of her work. She also spoke to the students about the skills that employers are looking for.

Samit Kumar Biswas from Advatech Healthcare Europe Ltd and Luke Stillwell from 07 Heaven Marketing, spoke to our A Level IT, Business Studies, and Health and Social Care students about Social Media and its growing importance in advertising and marketing. Our Year 12 IT students will be working closely with Luke as they as part of their syllabus to plan and post social media content for an existing company. Work Experience placements have also been offered to our students.
Lunch and Learn

Information on careers in construction is being displayed in the library throughout May, and representatives from local construction firms have been on hand at lunchtimes, on a Thursday, providing information, advice and guidance on the many and varied career opportunities within the construction industry.

NCS (National Citizen Service)

Representatives from NCS delivered a presentation to Year 11 students at the beginning of February.

NCS is a government backed programme created to enrich, challenge and empower all young people aged 16-17. It brings together young people from different backgrounds and helps them develop greater confidence, self-awareness and responsibility. It encourages personal and social development by working on skills such as leadership, teamwork and communication. It takes place over the summer holidays and runs for three consecutive weeks. More than 500,000 young people have taken part so far, giving them valuable life skills and unforgettable experiences. NCS is a four-phase programme specifically designed to provide young people with all sorts of new experiences.

Phase 1: Adventure; five days away from home, taking on adrenaline-fuelled activities like rock climbing, canoeing and archery.

Phase 2: Discovery; during a week of living independently, students will learn essential life skills from local business leaders and charities whilst gaining confidence in public speaking, communications skills and budgeting.

Phase 3: Social Action; working in teams, students will devise a community project based on an issue they feel passionate about.

Phase 4: Celebration; a chance for students to celebrate their triumphs.

For further information visit www.ncsyes.co.uk

Love one another as I have loved you
IMPORTANT INFORMATION FOR PARENTS

We have asked your daughter/son to read the rules and regulations they need to follow in the examination period which are on our website under Curriculum/Exam Information.

They should arrive at the examination room at least 15 minutes before the examination is due to start as we need to get students seated and all of the checks performed ready to begin the examination at the published time.

If your daughter/son is late for any reason, they need to arrive at school as quickly as possible, ensure that Reception know that they have arrived and should be in an examination and then wait at Reception. If they are less than 1 hour late they will be allowed to sit the examination and will be given the full time. If they are more than 1 hour late they will be allowed to sit the examination but the examination board may decide that the paper will not be marked (the integrity of each examination is only guaranteed for one hour by the examination board and those delivering the exams).

If your daughter/son is ill they should still try to come in, arrangements can be made on the day and special consideration can be applied for. If they really cannot get in to school we will need a note from a Doctor to say that they were not able to attend and again we can apply for special consideration.

Please Note – the Examination Contingency Date for ALL examination boards is Wednesday 26th June 2019.

Your daughter/son must be available on this date in case an Examination Board has to change the date of an examination due to a national incident.

Once they have sat their last paper they no longer have to be available on this date as they will have completed all of their examinations.
On Thursday the 2nd of May, 37 students and staff set off to Ashdown Forest for the first expedition of this season, the Silver Assessment.

Having completed three expeditions during the previous season, students should have known exactly what they needed to do … unless they had forgotten everything!

On the Thursday night, after a full roast dinner and crumble, the groups reviewed their planned routes with staff in order to ensure that they remembered what needed to be done and to identify any safety issues.

After a cold night, Friday dawned with the weather slightly better than it had been forecasted. As this was a Silver Assessment, it was down to the teams themselves to get up and out on time. They did! A good start was made and everyone got through Checkpoint One in reasonable time. Before the next checkpoint, two of the teams took an interesting route. The plan was to take the third footpath north along the reservoir, however, these two groups took the first path north, then headed east around a wood and into a field. One of the groups found their way back down to the correct path and carried on, however, the other group, obviously realising they had gone the wrong way, took DoE advice and went back to where they knew they were on the right track, and then carried on the right way. As the day wore on the pace became slower. Fortunately, all the teams made it into camp that night.

Saturday arrived, sunny and breezy. Most teams made better time and kept roughly to the times published on their route cards. One team called in on the emergency phone to report that the footpath to Checkpoint Four was blocked by cows with young. The teams waited until staff arrived to assess the situation. During this time, teams began to prepare an alternative route, however, all the cows moved to a lower field and students were able to continue.

Later in the day it got colder and windier. Not too bad while walking through 500 Acre Wood (Winnie the Pooh country), but chilly on the heath! This did not deter students from enjoying a well-earned ice cream when they arrived at Checkpoint Seven.

After an icy night, groups were bussed out to the starting point. This time students set off with the slower groups starting first, and the stronger groups leaving later. Congratulations to the ‘Walking Dead’ who managed to pass all of the four teams in front of them and arrive home first! Exhausted, yet elated from both collective and individual achievements, teams piled into the minibuses, for a quiet return journey.

Well done to all!

These teams will give their full presentations when they return their kit which will be prepared and made ready for the Bronze groups who will be leaving for Danbury on the 17th of May 2019, for their practice expedition.

Time for the staff to catch up on their sleep before the next expedition!
Parking has never been easy around St Bernard’s, and we are aware that parents find it difficult to locate safe places to drop off and collect students. Such difficulties seem to have been exacerbated by the introduction of permit-only parking in the area, which has altered the patterns of parking by other drivers and commuters in the vicinity of our school. Nevertheless, we would urge you to drop off and collect your children well away from the school site.

We continue to receive complaints from local residents relating to inconsiderate parking by drivers dropping off and collecting children at the start and the end of the school day. Moreover, school staff are concerned that cars parked close to the school site are endangering our students as they cross local roads, by reducing visibility for both pedestrians and vehicles.

Schools can only have limited influence on road users. The local authority’s enforcement officers have therefore been a visible presence in recent weeks, however, we would prefer to reach a point where their presence is no longer required as vehicles were considerately parked, well away from the school site.

St Bernard’s does need your assistance in achieving this aim, and we would ask you to help keep our students safe in terms of their day-to-day travel to and from our school.

**CHARITY BIKE RIDE**

The Brentwood Catholic Children’s Society (bccs) is an established and reputable children’s charity delivering vital mental health and emotional wellbeing services in schools across Essex and East London.

The diverse school team is made up of both counsellors and social workers who provide support services for over 1,600 new children each year, and at any one time, care for around 3,500 children. These children may be experiencing all manner of hardship - from bullying, abuse, bereavement, anxiety, to compulsive behaviours and eating disorders, low self-esteem, self-harm and exam stress.

This worthy organisation has several charity places remaining for the London to Brighton Bike Ride on 15th September 2019. Riders are asked to pay a registration fee of £55 and make a commitment to raise £150 for ‘bccs’.

For more information visit [www.bccs.org.uk/GetInvolved/Events](http://www.bccs.org.uk/GetInvolved/Events) or call Julie Abbott on 01268 784544/07912 277413.

**HEALTH AND SAFETY**

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**SCHOOL EXPANSION UPDATE**

**THE BUILDING WORKS ARE NOW IN FULL SWING!**

The steel frame of the new building is up, the first and second floors are being laid and the staircase has been fitted. Much time has been spent in creating the infrastructure with the gas intake diverted across the site, the electric cable laid and drainage installed. The walls are now being built rapidly and the size of the new building is now becoming evident.

The new building will be known as The Sixth Form Building and will house new facilities for our Year 12 and 13 students on the ground floor, and eight classrooms over the other two floors. Year 11 have had a chance to see and comment on the proposed design of the sixth form area, and Year 12 will do so shortly.

Other areas in the school are also being developed to ensure that students have even better facilities across the curriculum. Two science labs have been remodelled to provide two rooms in which full size classes can be taught and the science prep room has been updated.

The main toilet facilities are being remodelled and additional toilets have been created in the Milton Road entrance area, whilst the main block is currently closed and being rebuilt. Temporary toilets have been installed outside the Bernardine Hall to compensate for this. In the locker room wooden walls have appeared and behind them the end wall of the East Wing is being partially dismantled to allow access between the new and old buildings as well to create a catering area specifically for the Sixth Form and Year 11.

This summer we will see the construction of an additional science lab, as well as the remodelling of several classrooms.

**Planned completion is September 2019.**
St Bernard’s High School would like to take this opportunity to invite your daughter along to an exciting Performing Arts Summer School running during the summer holidays. From Monday 29th July to Friday 2nd August, St Bernard’s will be running, for its eighth year, a weeklong Performing Arts school run by in-house Dance & Drama teachers Mrs Alexander and Mrs Lebeter.

The week will give students an opportunity to explore different drama, dance and musical theatre techniques; develop performance skills, and build positive relationships with other students and teaching staff. The course will include workshops covering choreography, dance technique, script work, improvisation, choric work and stagecraft, with the week ending in a short showcase performance for family and friends. Each day will begin at 9.30am, with drop offs available from 9.00am, and finish at 3.30pm.

The cost of the Performing Arts Summer School for the week will be £65.00 and is open to female students in Years 5 & above, as well as those that already attend St Bernard’s. If you would like your daughter to participate in the summer school then please come and collect a letter from Mrs Alexander, Mrs Lebeter, or download from the school website on the COMMUNITY TAB.

SHOWCASE PERFORMANCE
Friday 2nd August at 4pm.
Friends and family welcome.
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<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>16 May 2019</td>
<td>1.35pm - 3.40pm</td>
<td>Year 13 Leavers’ Assembly and Last Day Before Study Leave Begins</td>
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<td>17 May 2019</td>
<td>1.00pm</td>
<td>Year 9 Bronze D of E Practice to Danbury</td>
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<tr>
<td>23 May 2019</td>
<td>4.00pm - 6.00pm</td>
<td>Parents to View Art Exhibition</td>
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<tr>
<td>24 May 2019</td>
<td>4.00pm - 10.00pm</td>
<td>St Helen’s 150th Celebrations</td>
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<td>4 June 2019</td>
<td>8.00am - 3.40pm</td>
<td>9A &amp; 9C - Retreats at Walsingham House</td>
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<td>5 June 2019</td>
<td>All Day</td>
<td>Sports Day – Garon’s Park (Reserve Day 6 June)</td>
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<tr>
<td>6 June 2019</td>
<td>8.00am - 3.40pm</td>
<td>9F - Retreat to Walsingham House</td>
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<td>7 June 2019</td>
<td>7.30am - 3.30pm</td>
<td>Year 10 Fieldwork Trip to Walton on the Naze</td>
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<td>10 June 2019</td>
<td>8.50am - 9.30am</td>
<td>Year 12 Work Experience Briefing</td>
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<td>11 June 2019</td>
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<td>Year 9 Holocaust Assembly at St Teresa’s Primary School</td>
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<td>11 June 2019</td>
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<td>Year 9 Holocaust Assembly at Our Lady of Ransom Primary School</td>
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<td>11 June 2019</td>
<td>2.30pm - 6.00pm</td>
<td>Years 7-10 Borough Athletics - Garons Park</td>
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<td>12 June 2019</td>
<td>3.45pm - 11.30pm</td>
<td>Years 7, 8, 9, 10 &amp; 12 - Aladdin at Prince Edward Theatre in London</td>
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<td>13 June 2019</td>
<td>9.00am - 2.00pm</td>
<td>Year 12 - Essex University</td>
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<td>14 June 2019</td>
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<td>Years 7-10 Borough Athletics Finals - Garons Park</td>
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<td>14 June 2019</td>
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<td>Year 9 Holocaust Assembly at St Helen’s Primary School</td>
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<td>14 June 2019</td>
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<td>Year 9 Bronze D of E Assessment to Ashdown Forest</td>
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<td>17 June 2019</td>
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<td>Year 12 Internal Examinations Begin</td>
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<tr>
<td>18 June 2019</td>
<td>11.35am - 12.35pm</td>
<td>Year 10 Work Experience Final Briefing</td>
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<td>19 June 2019</td>
<td>11.35am - 3.40pm</td>
<td>Year 11 Celebration Day</td>
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<td>21 June - 28 June 2019</td>
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<td>Year 10 Internal Examinations Begin</td>
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<td>21 June 2019</td>
<td>9.10am - 11.15am</td>
<td>Year 8 Art Trip</td>
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<td>24 June - 28 June 2019</td>
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<td>Year 12 Work Experience</td>
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<td>24 June</td>
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<td>RAG Events Begin</td>
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<td>25 June 2019</td>
<td>8.00am - 3.40pm</td>
<td>9M - Retreat to Walsingham House</td>
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<td>26 June 2019</td>
<td>9.10am - 11.15am</td>
<td>Year 8 Art Trip</td>
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<td>27 June 2019</td>
<td>8.00am - 3.40pm</td>
<td>9R - Retreat to Walsingham House</td>
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<td>28 June 2019</td>
<td>9.10am - 11.15am</td>
<td>Year 8 Art Trip</td>
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<td>28 June 2019</td>
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<td>Public Examinations End</td>
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<td>1 July 2019 - 12 July 2019</td>
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<td>Year 10 Work Experience Begins</td>
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<td>1 July 2019</td>
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<td>Year 12 Induction Day for New Year 12</td>
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<td>3 July 2019</td>
<td>6.00pm - 9.00pm</td>
<td>Year 5 Open Evening (School Closes at 2.00pm)</td>
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<td>5 July 2019</td>
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<td>Year 6 Induction Day</td>
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<td>8 July 2019</td>
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<td>Year 3 Day</td>
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<td>8 July 2019 - 12 July 2019</td>
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<td>MFL Year 9 Trip to Malaga, Spain</td>
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<td>9 July 2019</td>
<td>5.00pm - Midnight</td>
<td>Year 12 - 'The Play That Goes Wrong' at Duchess Theatre, London</td>
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<td>10 July 2019</td>
<td>7.00pm</td>
<td>Music for a Summers Evening Concert</td>
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<td>11 July - 12 July 2019</td>
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<td>Beyond 18 Days</td>
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<td>12 July 2019</td>
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<td>Years 7-9 - Chalkwell Park/Metal Arts Award</td>
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<td>12 July 2019</td>
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<td>Year 8 HPV Vaccinations</td>
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<td>15 July - 19 July 2019</td>
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<td>MFL Year 10 Trip to Italy</td>
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<td>15 July 2019</td>
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<td>RAG Events During the Week</td>
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<tr>
<td>17 July 2019</td>
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<td>School Celebration Event</td>
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<tr>
<td>19 July 2019</td>
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<td>School Closes at 12.30pm for the Summer Break</td>
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A PRAYER FOR THE EXAMINATIONS

In Saint Luke’s Gospel we read:

Three days later, they found him in the Temple, sitting among the teachers, listening to them, and asking them questions; and all those who heard him were astounded at his intelligence and his replies.

Luke 2:46-48

LET US PRAY FOR ALL STUDENTS UNDERGOING EXAMINATIONS

Lord, pour out your Spirit of Wisdom on these students:
help them to remain calm,
to attend carefully to the questions asked,
to think clearly, to remember accurately,
and to express themselves well.

Grant that they may reflect on the best of the work they have done and the best of the teaching they have received.
Accept their best efforts in these examinations and in the great test of life on earth.
May your love be upon them, O Lord, as they place all their trust in you.

We ask this through Christ our Lord.

Amen

St Bernard’s High School  Milton Road, Westcliff-on-Sea, Essex SS0 7JS  www.stbernardswestcliff.org.uk