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BEDE ACADEMY

NEWSLETTER



11 FEBRUARY 2021



Dear Parents and Carers,

As I sit typing this I have one of our Bede Academy Core Values cards on my desk and the value of ‘Determination’ springs out – ‘We know that hard work and the refusal to give up are essential if we are to achieve anything worthwhile.’ This seems to sum up our staff, students and families.

May I say well done to all of our Year 9 students and Year 10 students who are all completed their mid-year exam weeks. This will allow us to assess their learning and plan to support them as we continue to cover our curriculum. They have worked hard to get ready for these exams.

In Personal Development this week we have been able to focus on students’ well-being. We have launched our ‘Self-Care Tips of the Week’ as part of Children’s Mental Health Week, alongside the Kooth App, and our work in Internet Safety for Safer Internet Day which you can read more about in this newsletter.

Year 11 and Year 13 continue to overcome uncertainty as we await guidance on arrangement for awarding grades this summer. We will ensure that we support each of them as they apply to our Sixth Form or college places as well as aim for University. Applications for Sixth Form are currently open following the online Open Evening (which you can find on our website). We are also delighted to have launched our Year 12 Extended Project Qualification last week and Year 11-13 are all invited to a virtual university event on Wednesday to help them plan their next steps. More details can be found in the Sixth Form section of this newsletter.

Finally a well done to Owen and Leon in Year 10 who despite the barriers of lockdown have still found ways of completing their Duke of Edinburgh Bronze Award. Congratulations and we look forward to more students completing their Duke of Edinburgh over the coming months.

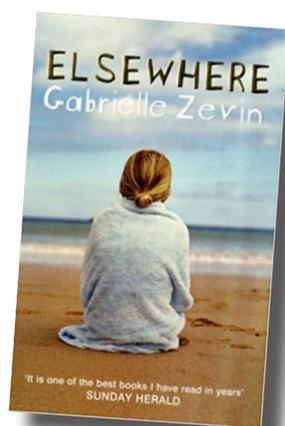
Many thanks

Mr Thelwell
Principal

Book Review

Miss MacKinley gives us short synopsis of her reading interests; what she is currently reading and her favourite book.

[CLICK HERE](#)



Given the ongoing requirement for all students and staff in schools to wear face coverings (unless medically exempt), we are selling reusable face masks

at reception to any students who come on site without a mask. This is to minimise the waste and environmental impact generated by disposable masks, and to ensure that all site users are kept safe. Students are encouraged, wherever possible, to bring their own face mask on a daily basis and to make sure that this is regularly washed. Masks will be purchased in bulk and sold at cost of £1.50 per mask.

SELF CARE TOP TIPS

In honour of Children's Mental Health Week, we are launching 'Self-Care Tips of the Week'. Caring for our mental health is vitally important in our current situation and we must take time for ourselves so to ensure that we stay well.

This was highlighted to students during their Personal Development Lessons this week. They were introduced to Kooth which is a safe, secure and anonymous app in Northumberland for 11-25 year olds to share their thoughts and worries- you don't need to go it alone! Bede Retreat was also launched which gave students examples of ways to have meaningful rest periods away from screens.

To support students and families with self-care, here are our tips of the week! They are all based around this year's mental health week theme: **'Express Yourself'**:

- **Get artistic:** Make a collage of things that are important to you or you believe represent your identity.
- **Get active:** Make up a dance routine to your favourite song- you don't have to show anyone, it doesn't have to be full of fancy moves (though I'm sure you can all rock a floss!)- just stand up and have a laugh listening to your favourite banger!
- **Get together:** Play a game of 'Most Likely To' with the people

at home. In this game you say a statement and everyone points at the person they think it applies to the most. The person with the most fingers pointed at them loses and has to do a forfeit! Questions could include 'most likely to put an empty carton back in the cupboard', 'most likely to meet a Kardashian', 'most likely to fall over' and forfeits can be anything too- do 5 push-ups, do the dishes for 2 days... use your imagination!

For more information and ideas:

- Use this link - <https://www.childrensmentalhealthweek.org.uk/> to access resources and ideas to help support your mental well-being.
- The 'Be You' Website via the following link: <https://www.beyounorthumberland.nhs.uk/>
- The Young Minds website also provides up-to-date and appropriate support and guidance for young people. <https://youngminds.org.uk/>

In addition, we hope you know that we are here to support you in any way we can. Please contact the Welfare Team at Bede Academy.

Take care!
Miss Stonebanks



Safer Internet Day 2021

Safer Internet Day took place on Tuesday 9th February and this year's event was titled 'Exploring reliability in the online world'. The event was promoted in our whole-school assembly by Mr Thelwell on Monday morning and was also covered in the different house assemblies on Wednesday, where students were asked to think about the reliability of the information they see online and also the impact of online hate speech.

All KS3 students explored the themes of 'fake news' and 'hate speech' further in their ICT lessons this week. The students considered whether or not some popular news stories, events and rumours were true or false. Students were then introduced to the topic of hate speech, which has featured a lot in the news recently. All of the students learned about the actions that Twitter and other social media platforms took against Donald Trump due to some of the inaccurate and inciteful comments that he had posted. Students

were asked to consider whether it was right for these companies to take action or if they were wrong to prevent free speech online. The ICT Department are currently reviewing the work produced by students to determine the winners of the House Safer Internet Day Challenge.

Having just participated in Safer internet Day, now would be a good time to urge parents to have open and honest conversations with their children regarding their online activities, including their screen time. It is inevitable that students are spending more time online at the moment due to online learning and the current lockdown restrictions and this will ultimately lead to more young people making mistakes or getting involved in potentially dangerous situations. It is important to remind your children that they should not be communicating with people who they don't know, that they should be aiming to be kind to others and that if they should tell a responsible

adult if there is anything that concerns them. It is recommended that parents try to make themselves familiar with the technologies that their children are using, as this will not only help parents to better understand what their children are doing online, but it also makes it easier for parents to monitor internet activity and online communication. As adults, we need to remember that more often than not our children are more familiar with internet technologies and are often a step ahead. If there is a way for a child to hide their online activities from their parents, then it is likely that they will discover it and use it. Therefore, we are asking parents to be extra vigilant when monitoring their child's online activities, as we have dealt with several incidents recently where students successfully hid their activities from their parents. As always, if you require any advice or support regarding E-Safety then please contact a member of our Pastoral or Welfare Teams and we will be happy to assist.

DUKE OF EDINBURGH AWARD

Over the past year, students in Yr10 have been continuing their journey towards completing their Duke of Edinburgh's Award bronze award. The Duke of Edinburgh's Award is an internationally recognised award that challenges young people to complete a number of activities to encourage them to try new things and challenge themselves. Colleges, universities and employers look out for young people that have completed this award as it is a symbol of hard work and determination. It is a flexible programme that helps to develop young people for life and work with 93% of participants feeling that DofE has helped them to work in a team and 84% feeling that they have become a more responsible person. Recent events have presented students with an even greater challenge with many having to change their chosen activities during to the national and local lockdowns. However, yet again, Bede students have risen to the challenge in these extraordinary circumstances and two students, Owen and Leon have achieved their 'Certificate of Achievement'. An amazing achievement despite the extra challenges placed before them. Congratulations Owen and Leon and we look forward to celebrating the successes of each student as they achieve their awards.



SIXTH FORM

Year 11 Applications to Sixth Form

Bede Academy's first ever virtual Sixth Form Open Evening took place last week on the 28th January and was an incredible success. Following on from this, and particularly for those who may have missed the event, the Open Evening recorded video link is below which you may want to watch, as well as the online Open Evening website:

[VIDEO](#)
[Open Evening Webpage](#)

As a reminder, please could all Year 11 students complete the online application form. It is important that all students, including those not wanting to stay at Sixth Form, complete the form as it will help me ensure the correct support and guidance is in place for everyone in the coming months. We have already had a large number of applications so please ensure that remaining students complete the form as quickly as possible.

The online application form is [HERE](#)

The deadline for completion of the form is Friday 12th February. If there are any concerns with the process or if students are in need of any guidance, please do not hesitate to contact me through our e-mail basixthform@esf-schools.org.uk

Year 12 Extended Project Qualification (EPQ)

We are delighted to announce that this week on Thursday 4th February, we saw the launch of the Extended Project Qualification (EPQ) course for our aspiring Year 12 students. The EPQ is an invaluable way for students to participate in a range of research projects, culminating in their

very own project. This work has the benefit of being worth an additional 28 UCAS points and is also a superb extra way to display a student's research and thinking ability when it comes to university application. We were delighted particularly this year to welcome Professor Alison Shaw of Newcastle University, who spoke about the exciting potential of Science, Technology, Engineering and Mathematics (STEM) pathways into completing the EPQ. This live virtual event attracted large numbers of students and we are looking forward to some outstanding EPQs!

Year 13 UCAS – Offers

We are currently having incredible success with regards to the many high quality offers our Year 13 students have been receiving from Universities. Offers have been coming in thick and fast, with many students gaining excellent offers to attend top Universities. All Year 13 students are being supported by the Sixth Form Team, particularly Mr Sutherland, with their offers and we urge all students not to make their decisions about their offers until they have spoken to us. Congratulations so far!

Meet the Russell Group - Virtual event for Y11, Y12, Y13 Students and Parents Wednesday 10 February from 12:00 to 19:00

"Meet the Russell Group" is a virtual event in association with UK University Search. This online and interactive experience will allow you to explore all 24 Russell Group universities and chat directly to their representatives and ambassadors. You will be able to view information and videos about each university, link directly to Virtual Campus Tours to explore

university facilities and accommodation, download prospectuses and take part in 13 live webinars in the virtual auditorium.

Meet the Russell Group is designed to support Year 13, 12 and 11 students, and the parents, guardians, teachers and careers advisors who assist them with their applications. It is completely free of charge. The event will allow Year 13 students to explore and compare universities they may have received offers from in order to decide upon their Firm and Insurance choices. Meet the Russell Group will also support Year 12s as they start to make initial decisions about where they would like to study in 2022, and the courses they may be interested in. I would also strongly encourage Year 11 students to join to explore their future options too.

There will be a live Parent and Teacher Support webinar from 18:05 – 18:30 in the evening, (extended until 19:00 to receive answers to any questions you have from university representatives, admissions teams and student ambassadors).

For more information and to sign up to the event, please use the link below:

[Meet the Russell Group \(vfairs.com\)](http://vfairs.com)

If you have any questions about this, please email basixthform@esf-schools.org.uk

Mr Lloyd
Head of Sixth Form

