



# FRIDAY LETTER

Issue 6: 18.10.24

## PRAYER OF THE WEEK

O God our Father,  
we thank you for giving us Carlo,  
a model of life for young people,  
and a message of love for all.

You made him fall in love with your son Jesus,  
making the Eucharist his "highway to heaven."

You gave him Mary as a beloved mother,  
and you made him, through the Rosary,  
a cantor of her tenderness.

Receive his prayer for us.

Look above all upon the poor, whom he loved and assisted.

Grant me too, through his intercession, the grace  
that I need (mention your intention).

And make our joy full, raising Carlo among  
the saints of your Church,  
so that his smile shines again for us  
to the glory of your name.

Amen.

Official prayer to Blessed Carlo Acutis



## KEY DATES

21st October	Beyond Bernard's Careers Week
24th October	Year 7 & 8 STEM Road Show
24th October	Year 7 and Year 9 Rugby Town Cup Final 4pm
28th October - 1st November	Half term
4th November - 8th November	Castlerigg Year 10 Retreat
11th November	Start of Year. 11 Mocks
20th November	Red Wednesday

## REMINDERS

### Student Absences

Call school on 01229 814 560

### Do not forget

We finish for Half Term on Friday 25th  
October at the normal time of 3:20pm

### Remember

There is a staff INSET day on Fri 29th  
November, school will be closed

## WORDS FROM ST BERNARD

"Truly, love is delightful and pleasant food,  
supplying, as it does, rest to the weary, strength to  
the weak, and joy to the sorrowful. It in fact renders  
the yoke of truth easy and its burden light."



**Congratulations this week to our fantastic students. We are so proud of you**

## COMMITTED LEARNERS

### YR 11

Harriet Delaney, Darcey Thomas, Sienna Wright, Joshua Benn

### YR 10

Lilly Broadfoot, Dennice Datinguino, Alfie Hamilton, Alexander Mazur

### YR 9

Riley Hayton, Alessandria Javier, Chloe Vandome, Grace Anderson

### YR 8

Rhian Barrow, Ed Cush, Dexter Bamber, Olivia Hart

### YR 7

Thalia Kamali, Scarlett Parkinson, Zak Preston, Faryl Bradley

## EXCEPTIONAL PEOPLE

### YR 11

Teal Richards

### YR 10

Vinnie Dixon

### YR 9

Mairead O'Flynn

### YR 8

Cody Grieve

### YR 7

Grace Mckenna



## ST BERNARD'S NEWS

17:58

CATCH UP WITH ALL THE ACTION THIS WEEK FOR OUR WONDERFUL SCHOOL

Our students represented St Bernard's at the English Schools cross country Cup at Hunter Hall school in Penrith this week. The conditions were really tough and the weather was horrendous all day. In spite of this, our students were fantastic—running strong and not a complaint between them! They showed true resilience and were exceptional people. A huge well done to all of the students who took part!



Our Year 8 Rugby League Team put on an excellent display of teamwork this week. Unfortunately, they lost to Dowdales but they all battled to the final whistle. Great team effort.

Well done to Year 11 pupil Lily on signing for another year with Morecambe Youth Academy - an amazing achievement and true dedication to your sport.



# ST BERNARD'S NEWS

**17:58****CATCH UP WITH ALL THE ACTION THIS WEEK FOR OUR WONDERFUL SCHOOL**

## Beyond Bernard's Careers Week

The first "Beyond Bernard's" weeks are timetabled either side of half term. The focus of these weeks is linking school subjects (what pupils learn in class) to career opportunities and insights. Pupils will also receive career focused homework challenges to support their learning. November is also the month of St Bernard's Careers Fair and College open nights; and for Year 11, the beginning of the applications process.

### Key Dates:

6th November: Barrow Sixth Form Open Evening (Years 11, 10 and 9)

14th November: Furness College Open Evening (Years 11, 10 and 9)

26th November: St Bernard's Careers Fair (Years 11, 10 and 9)

27th November: UVHS Open Evening (Year 11)

28th November: Kendal College Open Evening (Year 11)

4th December: LMC Open Evening-T Level Focus (Year 11)

1st November/28th February 2025: BAE Apprenticeship Applications are open (do not rush to submit these, there are no prizes for being first!)

Full details of each of these will be sent out as they are received and are available on the college websites.





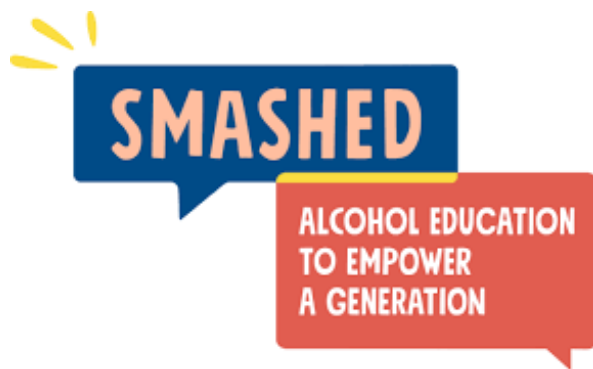
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CATCH UP WITH ALL THE ACTION THIS WEEK FOR OUR WONDERFUL SCHOOL



Our year 8 girls football team enjoyed another great night of football on Monday when they took part in the Year 8 girls Barrow Schools Football Festival. Six teams took part and we were eventually beaten in the semi final by the team that went on to win the festival. Well done girls, another excellent display of teamwork



Year 8 had a brilliant session with Smashed Live this week. It was a very entertaining & engaging morning, educating and discussing the dangers of underage drinking. The students very committed learners & contributed brilliantly to the workshop! If you would like to have a look at their work, please go to the link

<https://online.smashedproject.org/gb/>

# ST BERNARD'S NEWS

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CATCH UP WITH ALL THE ACTION THIS WEEK FOR OUR WONDERFUL SCHOOL

**BARNARD'S**

Changing childhoods.  
Changing lives.

## Managing Exam Stress

Moving Mindsets MHST



### GCSE information evening

We had a fantastic evening for our Year 11 families to discuss how best to support them in this important year.

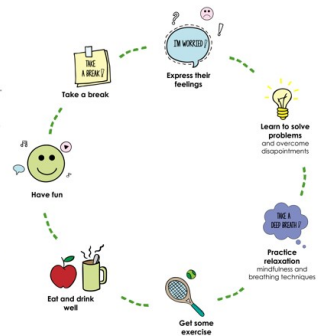
One focus was emotional wellbeing and caring for your mental health during times of stress. Barnardo's gave out lots of information about symptoms and how to manage these.

We will share regular updates in this letter about GCSEs but there is also lots of information on the power point from last night. Please click on the link to view.

[GCSE Info Evening 2024-2025](#)



Enjoyed your favourite food	Read a book	Achieved a new goal	Laughed
Spent 15 minutes outside	Listened to your favourite song	Achieved a new goal	Done a good deed for someone else
Drank plenty of water	Had a good night's sleep	Spent time off your phone / computer	Smiled
Spoken to friends or family	Helped another person	Cleaned something	taken time out
Completed a puzzle	Took a shower or bath	Tried a mindfulness activity	Cooked a new meal

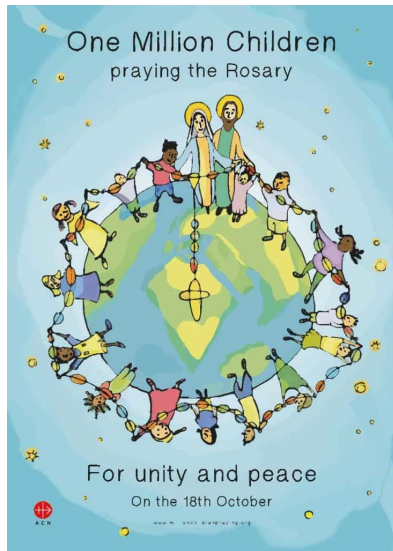




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Today, pupils in Year 8 and Year 9 joined with Year 2 from Sacred Heart to pray the Rosary for Our Lady in the chapel, joining with over one million other children worldwide in doing so.

Earlier this week, pupils from both schools joined together to make Rosary bracelets to prepare.





# ST BERNARD'S NEWS

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CATCH UP WITH ALL THE ACTION THIS WEEK FOR OUR WONDERFUL SCHOOL



St Bernard's staff are working together with the primaries in our Parish to celebrate the life and upcoming sainthood of Blessed Carlo Acutis. He is an incredibly inspiring role model for our young people and we will be doing a variety of activities across the school year to follow in his example.

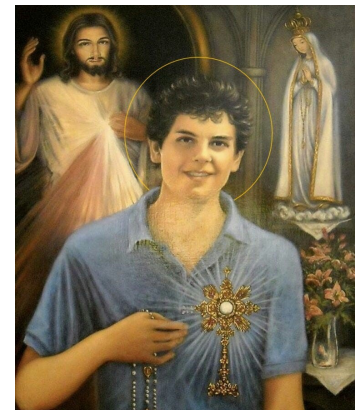
Our first focus will be acts of charity - large and small - that we can all do to put our faith into action. As part of this, we will be celebrating Red Wednesday on 20th November. We would also like all of our pupils to think about what they can do as an act of charity this term.

## Acts of Charity - what sort of thing could we do?

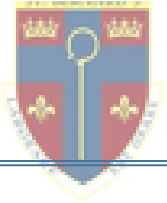
It might be doing an extra chore at home, picking up litter in the playground or making someone a cup of tea. Or it could be something bigger!

Staff would love to help support pupils in this so please come and have a chat. We will be celebrating all of our acts of charity in the Friday letter so please let us know what our amazing pupils are up to!

[news@stbernardsschool.uk](mailto:news@stbernardsschool.uk)







## MESSAGES FROM MR VINCE

### **Blessed Carlo Acutis**

This week we were delighted to join together with our local primary school to begin planning a year of celebration for Blessed Carlo – The first Millennial Saint. One thing Carlo said that really resonates with our vision at St Bernard's is the 'all of us are born unique but many die as photocopies'. Remember the best thing are students can be is themselves– there is no one better and God has created them perfectly! Dare to be you – there is no one better!

### **GCSE Education Evening**

It was wonderful to meet so many Yr. 11 parents and carers at the Education Evening last night. We know when we work together we can achieve great things for our children. It was also great to receive lots of great feedback about the start of the year! Thanks to all who attend and a special thanks to Mrs Hamilton who oversaw the evening.

### **Learning Bell**

In the last week of half term we will have a focus on punctuality to lessons. We know lesson time missed is lost forever. To support this we have a new set of bells which will ring 4 minutes after the end of the previous lesson– this is called the learning bell. It will be our intention that students who are arrive after the learning bell will be marked as late and receive a consequence. However, there will be no consequences for late to lesson next week as we test the system and ensure the timeframes are fair. We know every second counts in lessons and so we want to do all we can to ensure students are in lessons learning– this is the reality for the vast majority. Please feel free to email any feedback on idea on this.

### **News items and celebration**

Please continue to share your news with us by emailing us on [news@stbernardsschool.uk](mailto:news@stbernardsschool.uk) with a short write up and photos and help us celebrate all we are!

### **And finally**

*Interesting news with the new England manager!! Let's hope he can repeat for us our 1966 triumph beating his home nation to world cup glory.... Although I am sure more agony is in store! The life of a fan eh?!?*

*Have a fantastic weekend all.*

God Bless,

Mr Vince

Headteacher



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