



St Bernard's

CATHOLIC HIGH SCHOOL

LABORARE EST ORARE

Committed Learners

Exceptional People

VIRTUE OF THE WEEK

Virtue champion
Wilfred Owen

Compassion – to love my neighbour as Jesus loves me

Virtue in Action

Helping, supporting, or acknowledging the efforts of others.



Don't forget: Half term holiday is next week!



Words from St Bernard

"There are those who seek knowledge in order to serve; that is Love."

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Dates for your diary

- WC 10th November – Year 11 Mocks (cont)
- 10th November – Kendal Ski Slope
- 12th November – Liverpool Philharmonic Visit
- 17th November – Jewish History/Anne Frank Trust
- 24th November – Space Academy Masterclass

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O my God! I ask of Thee for myself and for those whom I hold dear, the grace to fulfill perfectly Thy Holy Will, to accept for love of Thee the joys and sorrows of this passing life, so that we may one day be united together in heaven for all Eternity.

Amen



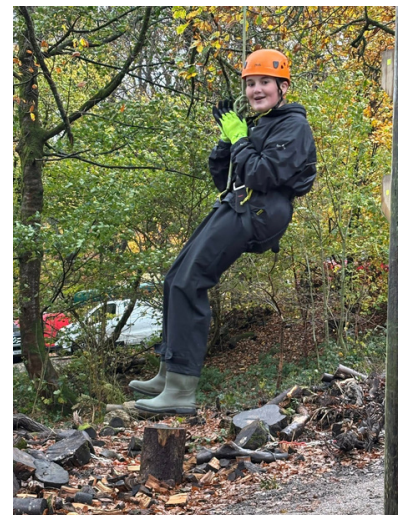
PRAYER OF THE WEEK

Sporting News



Well done to our first group of skiers who skied at Kendal this week in some heavy rain. They all stuck to the task and made good progress. Looking good for Austria in January.

Waterpark – Year 8



Year 8 have had an amazing time at Waterpark Coniston this week. The weather was a bit wet but that didn't stop them all having fun and getting in the lake!

Waterpark – Year 8



Waterpark – Year 8



Castlerigg – Year 10



Castlerigg – Year 10



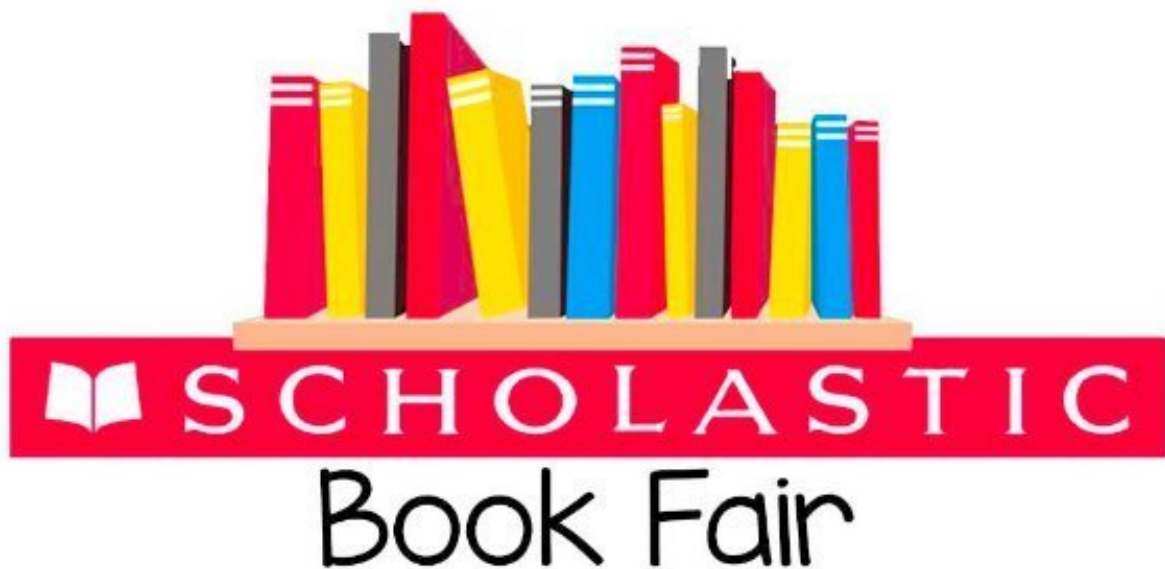
Scholastic Book Fair

The Scholastic Book Fair will be in the Library from Friday 7th November until Thursday 13th November.

KS3 classes will have the opportunity to browse the books in Library lessons/English lessons.

Payment will be via a QR code available from the posters in the Library. Parents can pay for books via the QR code. No cash payments.

A great way to start Christmas shopping!



PE extra-curricular clubs

Day	Activity	year	Venue	Dates
Monday	Basketball	7-9	Sports hall	17th Nov, 24th Nov, 1st Dec, 8th Dec, 15th Dec
Tuesday	Netball	8 & 9	Sportshall	11th Nov, 18th Nov, 25th Nov, 2nd Dec, 9th Dec, 16th Dec
Wednesday	Trampolining	7-11	Gym	19th Nov, 26th Nov, 3rd Dec, 10th Dec, 17th Dec
Wednesday	Girls football	7	Sportshall	19th Nov, 26th Nov, 3rd Dec, 10th Dec, 17th Dec
Thursday	Table Tennis	7-11	Small sports hall	13th Nov, 20th Nov, 4th Dec, 11th Dec, 18th Dec
Friday	Netball	7	Sportshall	7th Nov, 14th Nov, 21st Nov, 5th Dec, 12th Dec,

This is the timetable for PE clubs up to Christmas. We also have a new elective timetable coming out soon - watch this space!

Attendance



IF YOUR CHILD IS FEELING UNDER THE WEATHER,

IT CAN BE HARD TO KNOW IF YOU SHOULD SEND THEM TO SCHOOL OR NOT.

UNLESS THEY HAVE A TEMPERATURE OF 38 DEGREES OR ABOVE, THEY'RE USUALLY GOOD TO GO.

SEARCH NHS SCHOOL ILLNESS GUIDANCE.

MOMENTS MATTER, ATTENDANCE COUNTS.

HM Government NHS

The poster features a young boy in a school uniform sitting on a wooden chair, looking at a smartphone. Below him, a close-up shows hands holding a digital thermometer. The background is a soft-focus indoor setting with a window and some plants.

Winter Illness and School Attendance

As we head through the winter term, we know this season brings its share of bugs and illness. We wanted to share some guidance to help you decide when your child should stay home and when they're well enough for school.

When children can come to school:

Many minor illnesses – like mild colds, slight coughs, or feeling tired – don't need to keep children at home. If your child is well enough to be up and about at home, they're usually well enough to be in school. Being at school with their friends and keeping to their normal routine can actually help them feel better.

We're here to help: If your child needs it during the day, we can provide appropriate medication (with your permission) and keep a caring eye on them. If they really aren't coping, we'll contact you straight away.

When to keep them home:

If your child has a high temperature, is being sick, has diarrhoea, or has something contagious, they should stay at home until they're better. The NHS has helpful guidance on 'Is my child too ill for school?' which you can find online.

If you're ever unsure about whether to send your child in, please don't hesitate to give us a call – we're always happy to chat it through with you.

Every school day is important. When children miss school, they miss out on learning, time with friends, and experiences that help them grow.

Committed Learners

Year 7 Committed Learners

Computing	Matilda Wise
English	Sophie Balmer
French	Harrison Bird
Geography	Zack Corlett
History	Esme Kershaw
Maths	Praise Chiziterem
PE	Jack Clarke
RE	Freddie Lloyd
Science	Oliver Henderson
Technology	Kalvyn Allen

Committed Learners

Computing	Frankie Whitney
English	Archie Pell
French	Jack Cargan
Geography	Alexander Watt
History	Keanna Melton
Maths	Scarlett Taylor
PE	Alfie Charles
RE	Mueez Chishti
Science	Joshua Brown
Technology	Robyn Hayes

**Year 8
Committed
Learners**

Committed Learners

Computing	Keaton Grainger
English	Joshua Bates
French	Benjamin Deguzman
Geography	Ann Baiju
History	Charlie Osborne
Maths	Emilia McLean
PE	Isaac West
RE	Tianna Quinn
Science	Victoria Wasacz
Technology	Joseph Jones

**Year 9
Committed
Learners**

Committed Learners

Computer Science	Declan Coward
English	Sophia Ellender
French	Maximus Perry
Geography	Luna Calabon
History	Daisy Taylor
Maths	Sophia Lin
PE	Ashton Green
RE	Jacob Ward
Science	Olivia O'Halloran
Technology	Charlotte Boyd

**Year 10
Committed
Learners**

Committed Learners

**Year 11
Committed
Learners**

Business Studies	Jack Middleton
English	James Paule
French	Riona Renjith
Geography	Amelia Biju
History	Ruby Harrison
iMedia	Calub McGladdery
Maths	C-Jay Munro
PE	Daniel Balmer
RE	Pavlina Kalogeri
Science	Kenzie Jefferson
Sports Studies	Mason Murphy
Technology	Alfie Creasy

Exceptional People

Year 7	Year 8	Year 9	Year 10	Year 11
Lavin Orman	Brooke Owen and Millie Hayton	Japneet Ghuman	Maximus Perry	Ollie Thomas
Claire Akujobi	Enya Wilson	Maisie McCarthy	Elizabeth Watt	Leah Santos



Many Congratulations to all of our wonderful...
Committed Learners and Exceptional People

Exceptional People



Letter from Mr Vince

Welcome Back

It is always wonderful to welcome all our students and staff back after a week off school. It has been a great start back and, as always, we have been really impressed with the way students have returned to school, living out our virtues as committed learners and exceptional people!

Year 11 Mocks

Year 11 have made a fantastic start to the mock examinations—demonstrating hard work and commitment as they approach this important milestone. Our invigilators have been really impressed with their attitude! Keep up the hard work Year 11!

Trips

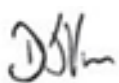
As you can see from the newsletter above, there have been lots of trips out this week. Year 8 have battled the elements to have some brilliant team building time at Coniston Water Park. I know Mrs Aspinall and all the tutors have enjoyed the time together as a Year group. We have also had a large group of Year 10s on retreat at Castlerigg. It is always a wonderful opportunity to take time and reflect on their lives and future. I know the staff at Castlerigg have been really impressed with our students!

And Finally...

There has been a lot of happy Liverpool fans in school this week, after beating the mighty Aston Villa and then Real Madrid in the Champions, they all believe Liverpool are back!! Let's hope Man City don't bring them back down to earth this weekend

Have a great weekend all,

God Bless



Mr D Vince
Headteacher