



St Bernard's

CATHOLIC HIGH SCHOOL

LABORARE EST ORARE

Committed Learners Exceptional People

VIRTUE OF THE WEEK

Humility: To show gratitude to God for my talents,
offering my work in prayer.

Virtue in Action

Not thinking less of ourselves, but thinking of
ourselves less: what can we do for others?

We follow instructions first time, every time.

Virtue champion
Benjamin Zephaniah



Words from St Bernard

Knowledge for knowledge is
curiosity, for others is vanity,
for service is love

01229 814560
contact@stbernardsschool.uk

Dates for your Diary

- Friday 16th October : Year 11 Field Trip (Barrow)
- Monday 19th October : Year 11 Barrow Careers and Skills Fair
- Friday 23rd October : Break up for Half term
- Wednesday 4th November : Year 11 Mocks start

Committed Learners Exceptional People



PRAYER OF THE WEEK

Dear Lord,
You made us in your image,
Destined for greatness.
Let us not think less of ourselves,
But think of ourselves less:
We ask this in your holy name,
Amen

Water Park Trips

This week, Year 7 had their first taster of school trips with St Bernard's. Each form spent a day enjoying the finest activities the Lake District has to offer at Water Park Lakeland Adventure Centre.



As you can see, everyone had the most amazing time!

Our students were able to take part in high ropes courses...



team exercises and exploration...

Water Park Trips

kayaking and canoeing, and
abseiling and rock climbing.



All of the students who
participated showed great
courage and resilience in the
face of challenging activities.
Their behaviour was
exceptional, as always.

We are all very proud of you,
year 7!

I'm sure you will agree that
everyone looked like they were
having a fantastic time, making
memories and building new
friendships.

A big thanks to Mr McAloone and
our fabulous staff for facilitating
a great week.



Exceptional Athletes



Our Year 7 and Year 9 Netball teams started the season off well last night when we attended the first friendly netball festival of the year. Both teams played some good quality netball and enjoyed the occasion. Well done girls keep up the hard work.



#HelloYellow

On Friday 9th October, St Bernard's staff and students will take part in World Mental Health Day.

Students are encouraged to come to school wearing an item of yellow clothing or accessory to compliment their uniform.

Competitions will take place across the day with prizes to be won for all year groups.

Bracelets will be available for purchase at break and lunchtime and donations will be gratefully accepted.



Our purpose: To stop young people's mental health reaching crisis point.

Every young person whose mental health ends up in crisis is a young person who has been failed. The earlier young people can access the right help, the more likely it is that they avoid reaching crisis point.



Our vision: A world where no young person feels alone with their mental health.

We want to see a world where every young person who is struggling feels able to reach out and has people and services around them who can really help.



Our mission: To make sure all young people get the mental health support they need, when they need it, no matter what.

Whether they need a reassuring conversation, specialist mental health support, or simply the knowledge that they are not alone in how they are feeling, we will make sure that all young people get the right support as fast as possible.

Committed Learners and Exceptional People

This week, we have the privilege of celebrating an array of committed learners and exceptional people. Well done to all of our remarkable young people and the dedication they show to their learning every day.



School Tours



Do you know someone who is considering St Bernard's for their child?

After the phenomenal success of our open evening this year, we are delighted to offer individual and small group tours of our school to prospective families.

Tours provide a chance to see our school in action, explore our facilities and meet some of our staff and students. It is a great way to truly see what makes St Bernard's a special place to learn.

To arrange a school tour, please contact reception on 01229 814560 or email contact@stbernards.school.uk



Attendance

Well done to Year 7 who continue to have the highest attendance!

Year 07	93.66%
Year 08	92.61%
Year 09	92.00%
Year 10	93.13%
Year 11	88.18%

PE Notices

Next week's Physical Education extra-curricular activities will be;

Monday 5th October– Year 7, 8 and 9 boys rugby (football boots needed – 4.20pm finish – student wanting to play in the teams this year **MUST** attend),

Year 9 girls football – 7 a-side festival at Furness Academy – team will be told about details.

Tuesday 6th October – Year 8 netball festival at Furness Academy – team told details about this fixture.

Year 7 boys rugby festival at St. Bernard's – team told details about this fixture.

Wednesday 7th October (must sign up to elective on Arbor) – Year 7, 8 and 9 boys football (football boots and shin guards – 4.00pm finish),
Year 9 and 10 netball – 4.00pm finish.

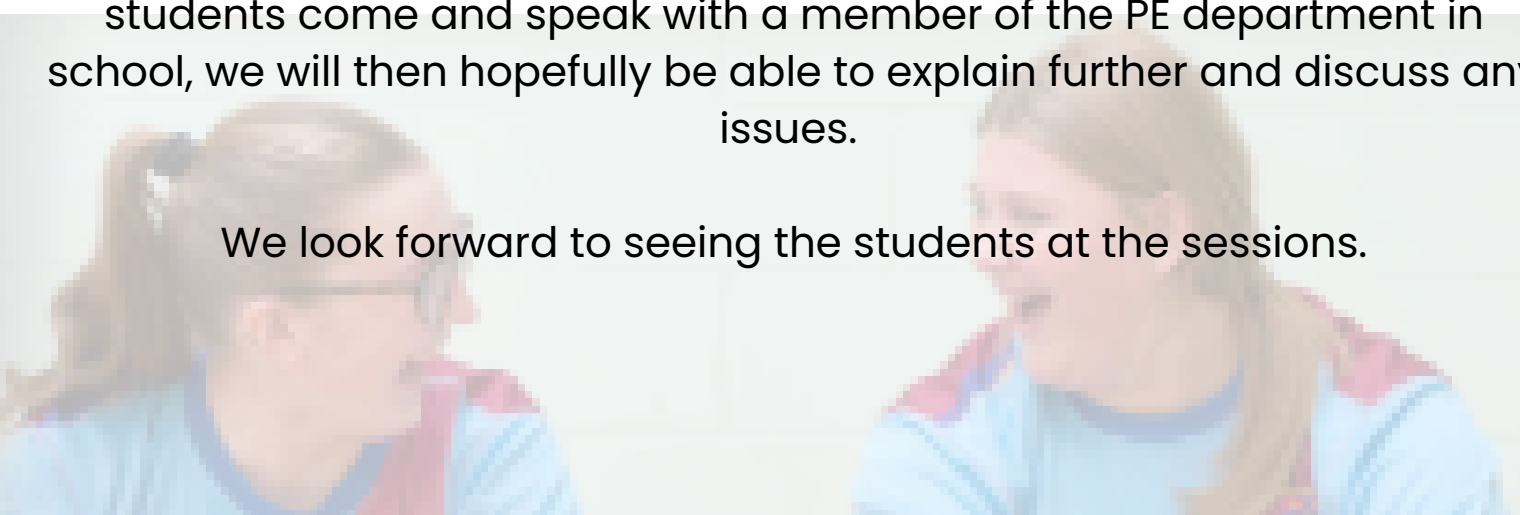
Friday 9th October – year 7 and 8 netball – 4.20pm finish.

All in school PE extra curricular activities run from 3.20pm – 4.20pm and require the correct full St. Bernard's PE kit unless stated differently.

PE sessions on a Wednesday during the elective will finish at 4.00pm.
Any student who needs to get the bus home will be able to leave at 3.20pm.

If you have any questions regarding the activities it will be best if students come and speak with a member of the PE department in school, we will then hopefully be able to explain further and discuss any issues.

We look forward to seeing the students at the sessions.



Parent Notices

Parent Voice: Personal Development and Transition

You will receive a link via email for a survey from our Mater Christi Academy Trust. We would be extremely grateful for your feedback on personal development in our school, as well as the process of transitions from Key Stage 2 for our Year 7 pupils, as well as from Key Stage 3 to Key Stage 4, and GCSE study, for our Year 10s.

Please keep a keen eye on Arbor for the links to access the necessary forms.

RSE Policy Draft and Consultation

Our new draft Relationships and Sex Education policy will follow via email. This is an important part of establishing this policy, which is updated to reflect guidance from the Diocese of Lancaster. This is covered in our Virtues Education (PSHE) curriculum in Years 7–11.

Any comments or questions can be forwarded via email to contact@stbernardsschool.uk.

Virtues Education

Following on from the draft policy above, attached along with this letter is a curriculum overview for what is covered in Virtues Education. This is our taught PSHE curriculum, which is based on this policy, and delivered in compliance with the 2010 Equality Act, and in relation to the Department for Education's focus on British Values. We will update parents and guardians regularly with information about curriculum topics covered.



Letter from Mr Vince

WaterPark

It has been a real pleasure to see all of our Year 7 pupils head out on their first visits to WaterPark, Coniston. We have been blessed with some lovely weather, and the students (and Mr McAlloone!!) have truly embraced the experience and enjoyed themselves.

It has been particularly wonderful to see our Year 7 pupils building positive relationships with one another and developing such a strong sense of togetherness as they took on the challenges during their visits.

We are incredibly fortunate to have such a beautiful part of the country right on our doorstep, and we know that the resilience, confidence and teamwork our pupils have developed through these experiences will support them as they continue their journey with us here at school.

School Tours

Following on from our wonderful Open Evening, we would really encourage any parents and families who are considering our school to come and visit us during the school day. It is a great opportunity to see for yourself the calm and purposeful atmosphere that exists throughout our school, as well as seeing just how incredible our students are — both in their lessons and around the school.

You can book a tour of our school simply by contacting Reception.

Parent Governor Vacancy

We currently have a vacancy on our Governing Body for a Parent Governor. This is an important and rewarding role, helping and guiding our school leaders as we work together to build an outstanding Catholic school and community.

If you feel this is a role that could be for you, or if you would simply like some more information, please contact the Clerk to the Governing Body at clerk@stbernardsschool.uk.

And Finally...

Another (big) win for Barrow this week, making it three wins on the bounce!! Here's hoping for another three points at home tomorrow and four wins in a row!!