



St Bernard's

CATHOLIC HIGH SCHOOL

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Committed Learners Exceptional People

VIRTUE OF THE WEEK

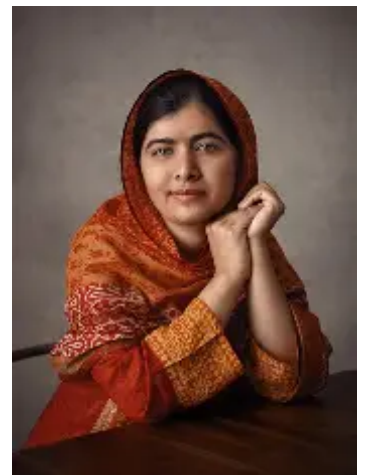
Humility: To show gratitude to God for my talents, offering my work in prayer.

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
Malala Yousafzai



Words from St Bernard

Many of those who are humiliated are not humble. Some react to humiliation with anger, others with patience, and others with freedom. The first are culpable, the next harmless, the last just.

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
- Monday 19th October : Hello Futures Workshops
- Friday 23rd October : Break up for Half term
- Wednesday 4th November : Year 11 Mocks start

Committed Learners Exceptional People



PRAYER OF THE WEEK

God our Father, we thank You for each person in our school community and for the day we have spent together.

May we reflect on what we have learned, recognising the gift of each day in school, as we continue to make this a place of learning, love and compassion.

Watch over our loved ones and all members of our school community until we see each other again.

Amen



Our year 9 girls football team started the season well this evening, playing in their first football festival of the year. They played some good quality football, defending well and scoring some well worked goals. Well, done girls, keep up the good work



St.Bernard's hosted the district year 7 rugby festival on Tuesday evening. It was fantastic to have so many young students from the local secondary schools on site. Our year 7 team did a brilliant job showing real skill and strength in all their games. This was the first game for many of our students which made it even more impressive. We look forward to seeing how the team can develop in the future. Any other students wanting to get involved can come along to training on Monday's after school.

#HelloYellow



Main character
energy!



Serving
sunshine!



Yellow looks goon on you
both!



You're the reason today
looks brighter!
Your paragraph text

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 have held the top spot again this week.

Year 07	94.35%
Year 08	91.46%
Year 09	92.12%
Year 10	92.75
Year 11	89.55%

PE Notices

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

Monday 12th October

- Year 11 football v Furness Academy at Furness Academy - team told details about fixture.
- Year 8 girls 7 a side football fixture at Furness Academy - team told details about fixture.
- Year 7, 8 and 9 boys rugby is CANCELLED due to the year 11 fixture and staff out on training course.

Tuesday 13th October

- Year 8 netball festival at Furness Academy - team told details about this fixture.

Wednesday 14th October (must sign up to elective on Arbor)

- Year 11 boys rugby v Ulverston at barrow Island - team told details about this fixture.
- Year 8 and 9 boys football (football boots and shin guards - 4.00pm finish).
 - Year 9 and 10 netball - 4.00pm finish.
- Year 7 boys football elective CANCELLED due to the year 11 rugby fixture.

Thursday 15th October

- Extra year 7 boys rugby practice for this week only - (football boots needed) - 4.20pm finish - student wanting to play in the teams this year MUST attend).
- Year 7 and 8 girls' football (trainers and shin guards needed) - 4.20pm finish.
- Year 10 boys rugby v Dowdales at Dowdales - team told details about this fixture.

Friday 16th October

- Year 7 and 8 netball - 4.20pm finish.
- Year 7 cross country at Penrith - team told details about this fixture.

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

Maths Hub Visit

We were delighted to have hosted a visit of the North West Maths Hub and other teachers from local schools this week. It was so lovely to receive the feedback from the Maths Hub lead, who visits 100s of schools across the county.

Visitors highlighted the exceptionally positive culture and climate for learning across our school. Visitors were immediately impressed by our students, describing them as bright, sparky, respectful, and fully engaged with calm, purposeful attitudes. Our routines—both within lessons and during Key Stage 3 line-ups—set a fantastic tone, creating a lovely, welcoming learning environment with excellent rapport between students and staff.

The team noted clear, effective teaching, fantastic language use, and the consistently strong atmosphere in departments like mathematics, alongside clean, well-decorated classrooms. Above all, the open, warm welcome in every lesson proved what a brilliant place our school is to both work and learn!

Celebratory Vibe

This week, we have enjoyed celebrating two important occasions: the Day of Languages and World Mental Health Day. Our school has been filled with colour and positivity, but, more importantly, these events have reminded us of the value of diversity, belonging and looking after one another. These are the things that strengthen our community and make St Bernard's such a special place to be.

Year 11 Information Evening

It was fantastic to welcome so many parents and students to our Year 11 Information Evening last night. We know that when school and home work in partnership, our students are best placed to thrive. We are incredibly fortunate to have such supportive families, and I look forward to seeing our Year 11 students rise to the challenges and opportunities ahead.

And Finally...

The Premier League returns this weekend, and I'm not quite sure whether to be excited or nervous! It has been rather nice not having an Aston Villa defeat ruin my weekend, but I'm sure normal service will soon resume! There's also a huge game to look forward to, with Manchester City taking on Liverpool. Closer to home, let's hope Barrow can continue their excellent recent form and make it five wins in a row. Have a lovely weekend, everyone!