St Bernard's CATHOLIC HIGH SCHOOL

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Committed Learners Exceptional People

VIRTUE OF THE WEEK

Virtue champion
Barack Obama



Attentive: finding God in learning and all things.

Virtue in Action

We all participate in our lessons, 100% of the time, offering our work in prayer.

We are respectful and attentive during times of prayer.



Words from St Bernard

Ingratitude is the soul's enemy... Ingratitude is a burning wind that dries up the source of love, the dew of mercy, the streams of grace.

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Dates for your Diary

- **Tuesday 24th November : Y11 Individual and Whole Year Group Photo**
- **Tuesday 24th November : Hello Futures workshops**
- **Tuesday 24th November : Careers Fair**
- **Wednesday 25th November: Ski - parents meeting**
- **Wednesday 25th November: Author visit**
- **Thursday 26th November Flu Nasal Spray Immunisation - Whole School**
- **Friday 27th November : Staff Wellbeing Day**
- **Wednesday 2nd December: GCSE Awards Evening**

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PRAYER OF THE WEEK

Dear Lord,
May we always give thanks, today
and every day,
For the infinite wonders of our world,
For the opportunities before us,
And for the people we share them
with.
We ask this in your holy name,
Amen

Castlerigg Residential









Our Year 10 Castlerigg Retreat 2026 draws to a close after an amazing week of prayer, reflection, and growth: not to mention fresh air and breathtaking scenery!

We have visited the historic Castlerigg stone circle, walked to Great Wood and around the shore of Derwent Water, while of course taking time to pray and reflect.

Our group engaged brilliantly with every aspect of the trip, particularly our reconciliation on Wednesday and Mass on Thursday.

Current Year 9 pupils- look out for information for our 2027 trip to Castlerigg in the new year!

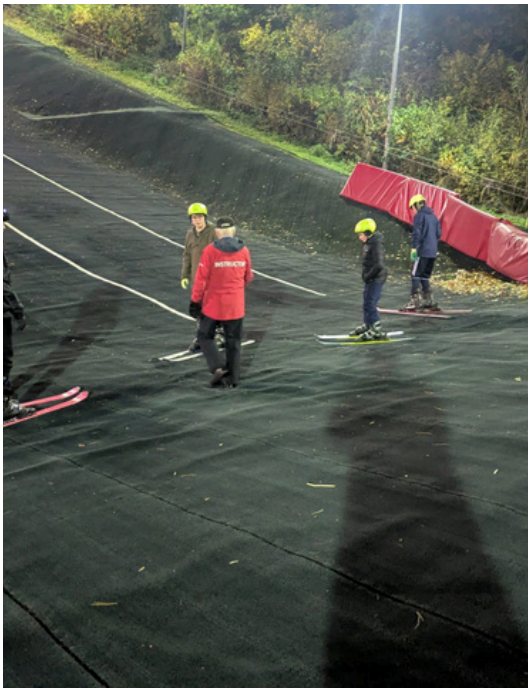
Ski trip preparations

On Monday evening, the first group of skiers took a trip to Kendal Snow Sports Club for their first skiing lesson.

All of the students made excellent progress and showed that they have what it takes to carve the slopes in January!

The remaining group can look forwaard to an evening of fun in Kendal on Monday 9th November.









Keswick and Coniston to Barrow

We are now taking names for the Keswick and Coniston to Barrow teams on Saturday 8th May next year.

This is normally a fantastic day out to raise funds for St Mary's Hospice. If you would like to join the school team this year, please register on the Keswick to Barrow website and give Mrs Ralph your ID number by the Christmas holidays.

Spaces fill up very quickly so be sure to get your walker ID as soon as possible!



Attendance

Well done to Year 8, 10 and 11 who have improved their attendance this week!

Year 07	**94.00%**
Year 08	**91.74%**
Year 09	**91.86%**
Year 10	**92.42%**
Year 11	**92.03%**

Letter from Mr Vince

Welcome back
It has been wonderful to welcome everyone back to school following the half-term break. It has been particularly pleasing to see our students settle straight back into their learning and get straight down to work!

A quick reminder that regular attendance is one of the most important factors in helping your child achieve their full potential. Thank you for your continued support in ensuring that your child attends school every day and makes the most of every learning opportunity

Mock Exams
Our Year 11 students have been working incredibly hard during the first few days of their mock exams this week. The exams will continue until 20th November.

Please continue to encourage your child to revise at home and make the most of this important preparation time. A little revision each evening can make a real difference, helping them feel confident and ready to perform at their best.

Keep up the fantastic work, Year 11!

Extra cuccriular Activities
It has been another busy week beyond the classroom!

A large group of our Year 10 students have been away on retreat at Castlerigg in Kendal. The staff accompanying them have been full of praise for the way the students have engaged with the experience. We look forward to hearing all about their adventures when they return!

Next week sees the next round of our Coniston Water Park trips, which promise to be another fantastic experience for our pupils. Let's hope the weather stays as dry as it has been this week!

It has also been great to see students getting ready for the upcoming ski trip, with some practice on the dry ski slope in Kendal. Staff were really impressed with their enthusiasm and efforts. Hopefully, we have some future skiing champions in the making!

And Finally.....
A humbling defeat for Aston Villa in the Champions League this week, followed by a morale-boosting win for Man United. So, you can imagine how much I am looking forward to the Man United v Villa game this weekend!

At least, if we do lose (as we always seem to at Old Trafford!), I can take some comfort in knowing that it might help keep Carrick in his job!

Have a lovely weekend, everyone, and thank you, as always, for your continued support.