

AUTUMN 2023

The Venerable Bede News



Welcome

Dear Parent/Carer,

Welcome to our Autumn Term newsletter. Time has flown since the start of term in September. Our Year 7 pupils are settling in very well, and despite their worries have managed to find their way around the building. They have all been excited to study many subjects which they have not looked at in detail before.

Half term saw the return of our contractors to connect the new radiators to the temporary boiler (new boilers coming very soon too). I am pleased to be able to report that school has been transformed! We are cosy and warm across the entire building. I have to admit, it would be nice to

have a holiday without essential works being carried out, but it has been worth the wait. The next project to get the go ahead is the filling of the sink hole in the car park. We have been told by the engineers that the hole was a natural phenomena caused by the substrate directly beneath. Hopefully this will be completed by Christmas.

There are a couple of projects I would like to promote.

At this time of year we always get involved in the donation of non perishable food stuffs to the Bethany City Church Food bank. All donations gratefully received.

A little nearer Christmas, we will be collecting toys and gifts to support the Salvation Army annual Christmas Present appeal. These gifts are given out to children who otherwise may receive nothing at all on Christmas day.

Finally, now that summertime is over and the clocks have gone back, I would like to urge you to



take a few minutes to look at what clothing your child is wearing on their way to and from school. Will they be able to be seen in the dark mornings and night times? Remember that all pupils have a school locker where they can store outdoor gear. Let's keep everyone safe this winter.

Best Wishes

David Airey

Headteacher

SPORTING SPECIAL FEATURE

MY PASSION

Contributed by Celine (Year 9) & Mrs E Ternent-Bird

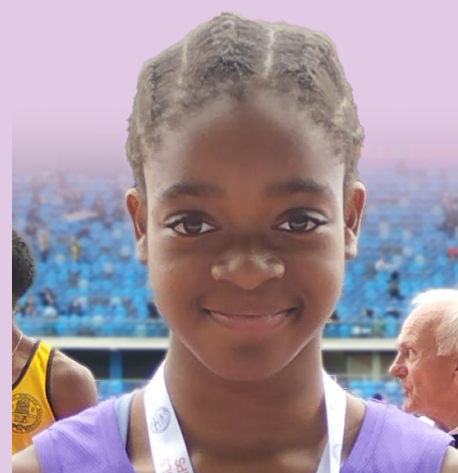
Pupil
Voice

Hello, my name is Celine. I am thirteen years old and a registered athlete with the British Athletics Association and the World Athletics Association; my expertise is the 100 and 200-metres sprints.

This has been a passion of mine since I was in Year 3, which was discovered during school sporting events and this led to representing my schools in external competitions.

I really enjoy the English Schools' Athletic competitions and it means a lot that I can represent my sprint club: Sunderland Harriers & AC, especially in national athletics events.

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MY PASSION (CONTINUED FROM PAGE 1)

Contributed by Celine (Year 9) & Mrs E Ternent-Bird

Before a race, I always feel excited. Knowing that I currently represent Venerable Bede Academy and my sprint club means that I hope to make everyone proud and show the talent of my communities.

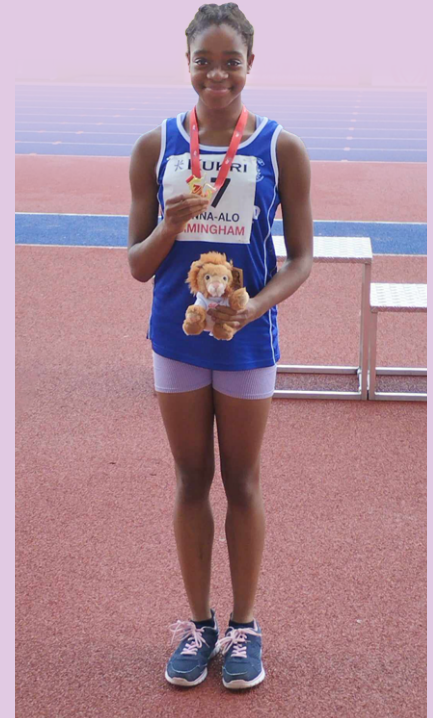
There is always preparation for a race. I practise a regular routine of training at the Sunderland Harriers training ground; it means a lot to me that I have had so much support from everyone.

Competing at a national level is challenging but fun. The first time I competed at the English Schools' Athletics championships was difficult as it was my very first time and I was new to a lot of experiences that I had never had before. Coupled

with the fact that I was the youngest athlete in the finals also meant that I had extra pressures. But, with the support of my school and sprint club, I gathered the courage to compete. It has become a sensational experience for me now.

I really enjoy competing with talented and amazing people and I have learned so much from my peers. At first, I struggled to gather the courage to compete but this has been an experience that has shown me how capable I am with the right people behind me. I want to thank my family, teachers, friends both at school and outside of school, coaches, and the entire Sunderland Harriers community for their guidance and encouragement along my competing journey.

I hope to continue competing and I look forward to the future opportunities of other sprinting events.



WORLD MENTAL HEALTH DAY 10/10/23

Contributed by Mrs J Chipp

We celebrated World Mental Health Day on October 10th where we explored the meaning of positive wellbeing, in particular, the relationship between physical and mental wellbeing.

Students accessed resources from NHS Better Health- Every Mind Matters and discussed mental health issues together.

Every Mind Matters is a campaign run by NHS England, which features the mental health tool, My Mind Plan, at the heart of their resources and advice for those facing mental health problems.

Here is the link to those resources, which support young people's mental health:

[CLICK HERE](#)



Five ways to wellbeing

Wellbeing jigsaw

Success criteria

On your jigsaw piece, see if you can include:

- ✓ At least one motivational message
- ✓ At least two positive benefits (You will feel.....)
- ✓ At least three top tips
- ✓ Colourful pictures



NHS



1 = Move



2 = Sleep



3 = Eat well



Challenge: Can you link any of the list below to your top tips?

- learning something new and getting creative
- connecting with other people
- kindness
- paying attention to the present moment (mindfulness)

YEAR 11 YEAR PHOTOS AND UPDATE

Contributed by Mrs L Pallas



This year we decided to start the preparations early for our Year 11 Leavers' in their last academic year here at Venerable Bede CE Academy.

On Wednesday 27th of September we invited Phototronics in to take a whole year group photo of our Year 11 Leavers. Pupils were invited down to the stage end of the hall where they were placed in height order to then be positioned for the photograph.



Pupils looked incredibly smart wearing their school uniform with pride. Pupils stepped up for this special occasion - a memory to treasure and celebrate their 5 year journey together. We hope they look back on this photo in their future with many happy memories.

Pupils have placed their orders for their own print to keep and we will let you know when these are available for collection.



Coming soon... Preparations are well under the way for this year's Leaver s' hoodies. More information to follow next half term.

Date for your diary:

The Year 11s Leavers Ball is booked for Friday 28th June 2024. Pupils can arrive from 6:15 pm for formal photographs.

If you have any queries please contact Mrs Pallas.

ANTI-BULLYING AND SCHOOL COUNCIL UPDATE

Contributed by Miss A Jackson



We are pleased to promote our Anti Bullying group at Venerable Bede CE Academy. We are here to support any member of our school community who has experienced an incident of bullying. Bullying is defined as "the repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe. For further information and support, please access our AntiBullying Hub on the school website or contact Miss Jackson directly (room 15). If you want to report an incident of bullying, please use the "Report now" button

on the Anti Bullying Hub. We will be opening Room 15 during break times in the coming weeks as an area which can be pre-booked via the website and used if you feel you need the support from members of our Bully Buddies.

Over the last half term, members of our Bully Buddy and School Council team have been going around Year 7 forms to introduce themselves and explain the work we do in school. We informed the Year 7's about how they can get any support (should they need

it), how to report an incident of bullying and ALSO recruited new Year 7's to become members of the Bully Buddies team. As a school, we will be participating in the annual "Anti-Bullying Week" which will be week commencing 13th November.

This year's theme is:

"Make a
Noise
About
Bullying."



CAREERS DEPARTMENT UPDATE

Contributed by Mrs G Carr

Year 11, we need to be looking to the future!

This year, our Careers Advisor is Tina Holley. Tina has started to hold 1-2-1 meeting with pupils to explore the opportunities that are available to them. All pupils will get a careers meeting before they leave Venerable Bede.

Our pupils have been applying to post 16 providers since September. It does not matter how many providers pupils apply for, a lot of pupils worry that they can only apply for one, this is not true they can apply for all that appeal to them and make a final decision later in the year.

Look at the different providers on our Online Careers Fair page and look

for the information that you require (entry requirement, subject choices, travel arrangements, extra-curricular opportunities, links to further education or job opportunities etc).

[https://
www.venerablebede.co.uk/
careers-advice-ceiag-2/
online-careers-fair/](https://www.venerablebede.co.uk/careers-advice-ceiag-2/online-careers-fair/)

We have been lucky enough to secure external guests from Post 16 provisions to speak to our pupils and inform them of their choices. Last week we welcomed Sidra Bruce from Durham Sixth Form Centre.



Sidra spoke to our pupils about the exciting



opportunities that the sixth form has to offer. Applications are now open for pupils to apply.

Our next speaker will be Tom Curry of New College Durham

As always, if you require any Careers support, please see Mrs Carr.

AUTUMN PERSONAL DEVELOPMENT TALKS

Contributed by Mrs R Bonner

This autumn term in Personal Development pupils in Y9 are receiving Emotional Health talks on resilience from our school nurse. Resilience can help protect you from various mental health conditions, such as depression and anxiety. Resilience can also help offset factors that increase the risk of mental health conditions, such as being bullied or previous trauma.



During the autumn term Y7 pupils will be receiving talks by a guest speaker from Tyne and Wear Fire and

Rescue Service on Anti-Social Behaviour and Deliberate Fires. This lesson is an interactive session, looking at the consequences of setting deliberate fires and teaching students about what peer pressure is and what to do in those situations.

Later in the autumn term, Y8 pupils will be receiving talks on Knife Crime from the education officer at Northumbria Police. Knife crime education programmes aim to reduce knife carrying amongst children and young people across the UK. These interventions emphasise the

legal consequences, physical harm and emotional impacts that arise from violence involving knives.



TWFRS LTD

Creating Safer Communities

MUSIC WEEK/MUSIC DEPARTMENT UPDATE

Contributed by Mrs R Bonner

MUSIC WEEK 2023

Music got off to a flying start in Venerable Bede again this academic year! We run small group instrumental and singing lessons and currently have over 200 pupils taking lessons each week, alongside various extra-curricular singing club



and rock bands.

We re-launched music to our new year 7s through our Music Week event on Wednesday 13th September.



Aimed at re-invigorating music in school, the event enables us to have our peripatetic music teachers deliver a bespoke event featuring a range of musical performances, teacher demonstrations, question and answer sessions and a re-launch of singing together in worship. Ruth Bonner, Head of Music at Venerable Bede CE Academy, said:

"Music Week at Venerable Bede has not only raised the profile of instrumental teaching and extracurricular opportunities available within the department, it has also given pupils a sense of

excitement about their curriculum music lessons and promoted large group singing.

The positive feedback from pupils since we began running the event 2 years ago has been overwhelming, with uptake to lessons increasing rapidly year on year. Our Music Week event has been the highlight of the academic year so far. Music tutors and departmental staff put on a live performance together, playing songs such as "Don't Look Back In Anger", "Footloose", "Shake It Off" and "Mamma Mia". Our new year 7 pupils loved listening and joining in and there was a real buzz in the atmosphere with lots of positive comments from both pupils and staff."

Our Senior Leadership Team added:

"We are incredibly lucky to have such a talented and dedicated team of musicians working at Venerable Bede Academy to educate our young people. Year 7 thoroughly enjoyed seeing the Music Team doing what it does best. The atmosphere was such that it left our pupils inspired to learn an instrument"

EXTRA-CURRICULAR CLUBS

We now have our singing club, and 4 rock bands running after, before school 8-9am or after school between 3-4pm every Monday, Wednesday, Thursday and Friday. If you wish your child to get involved in an extracurricular musical activity, please contact Mrs Bonner for further information.

INSTRUMENTAL LESSONS

Once again, we've had a number of pupils sign up and begin lessons during the start of this academic

year. We now have over 280 small group instrumental/singing lessons running on a weekly basis.

If anyone is interested in starting peripatetic music lessons please contact Mrs Bonner for further information.

THEATRE ROYAL TRIP

We are currently planning our annual theatre trip to see the pantomime, Pinocchio, at Newcastle Theatre Royal on Wednesday 29 November 2023.



COMMUNITY CHRISTMAS CONCERT

We are very excited to be planning our Christmas Concert which will take place on Wednesday 20 December. Further details will be available via the school website.



DUKE OF EDINBURGH

Contributed by CDR & JRE



A tough weekend.

The Duke of Edinburgh Award is not that easy to achieve, even at bronze level. You must be resilient in completing your physical challenge, resourceful in finding volunteering opportunities and determined to complete the skills section.

The expedition requires all of these qualities and more besides. Our pupils spend a year learning how to look after themselves for a two day, self-supported backpacking hike across the hills of Northumberland. This year it was made a little harder by the weather. So at 10am on Saturday 23rd September the minibus emptied its human contents into the wind and rain of the Northumberland moors and the first group trudged off to the west in the direction of Housteads, Peel Crag and the campsite at Winshields. The other group were dropped off in Greenhead and they slowly wandered eastwards towards Walltown and Cawfields. Fortunately, the weather did improve steadily through the day and, after lunch, spirits had definitely lifted.

By late afternoon everyone had successfully made it to the campsite and set up the

tents they had carried all day. It was rewarding to see them working together to cook their food and the atmosphere in camp that night was very positive. Everyone was so tired that there was no need to cajole the group to bed and by 10.30pm all was quiet!

Sunday began brightly but the first obstacle was a 150 metre climb up to the ridge above camp which one group in particular had to dig deep to ascend. Both groups did amazingly well as the weather, once again, deteriorated and by mid-afternoon the minibus was full of steam as waterproof-clad teenagers boarded

with weary legs and aching shoulders. A Big Mac has never tasted so good...

This group of young people have achieved so much both physically and socially in completing their Bronze Duke of Edinburgh Award. I am sure that when the memory of the physical hardship fades they will consider doing the silver award at their next place of education and the staff here wish them all the best in their endeavours.

