

# Newsletter

'In St Bede's we welcome everyone, grow and learn together as God's family, and use our gifts to serve with love'

## Welcome

### Dates for your Diary:

Wednesday 16<sup>th</sup> October:  
Y3 Moment with God 2:45pm

Wednesday 16<sup>th</sup> October:  
Friends of St Bede's Bingo Night  
5:30pm – 7:00pm

Sunday 20<sup>th</sup> October:  
Family Mass at St Bede's Church

Wednesday 23<sup>rd</sup> October:  
Y4 Moment with God 2:45pm

Wed 23<sup>rd</sup> – Friday 25<sup>th</sup> October:  
Y5 Residential

Friday 25<sup>th</sup> October:  
Break up for half term

Monday 4<sup>th</sup> November:  
Children return to School

Wednesday 6<sup>th</sup> November:  
Y5 Moment with God 2:45pm

Monday 11<sup>th</sup> November:  
Whole School Parents Evening

Tuesday 12<sup>th</sup> November:  
Whole School Parents Evening

Wednesday 13<sup>th</sup> November:  
Y6 Moment with God 2:45pm

Monday 18<sup>th</sup> November:  
Tempest Photography, Family &  
Individual Photographs

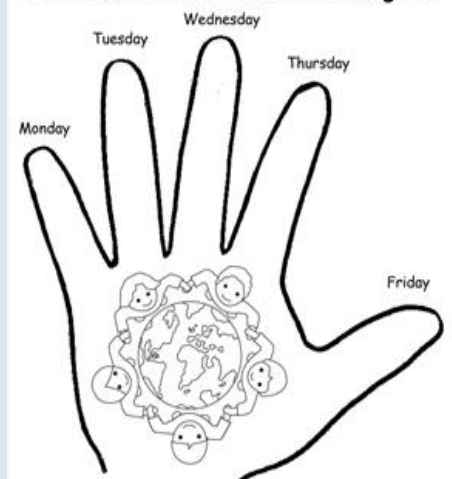


October is the month of the Rosary and a month when we remember Mary, the mother of Jesus. During this month the children will be saying the Rosary in their classes and I do ask that you can try to find time to say the Rosary and to pray to Mary as a family.

### LITTLE WAY WEEK

Last week the children learned about 'Little Way Week.' Little Way Week is an initiative inspired by Saint Thérèse of Lisieux, the Patron Saint of Mission. She gave to the Church a teaching called the 'Little Way'. This is a commitment to do small tasks with love every day. It is a simple way of encouraging and inviting everyone to reach out to others with the love of Jesus through seven days of witness and service. Last week the children learnt about St Thérèse of Lisieux. Each child has been encouraged to think of 5 little things they can do to help other people.

#### This week I will do five little things...



### SCHOOL MEALS



With the change in weather, some of you whose children currently bring a packed lunch, may be thinking of swapping to school meals for a hot meal over the winter months. If you would like to swap over to school meals please contact Mrs McCormick who will be happy to arrange this for you.



#### Part of

Nicholas Postgate Academy Trust  
Postgate House, Trinity Catholic College, Saltersgill Avenue, Middlesbrough, TS4 3JW  
Tel: +44 (0) 1642 298100 Email: enquiries@necat.org.uk

## CHOOSING HEALTHIER SNACKS



The information below is taken from [www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks](http://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks)

There are lots of ways to help your children have a healthier snack at school. Fresh fruit and vegetables are always a great choice for a snack. But sometimes our children want other types of snacks, especially those in packages!

So to help you out, the NHS have suggested a handy tip when buying packaged snacks, look for '100kcal, two a day max'. It's to help you make quick decisions on packaged snacks when faced with lots of choice. It's not about calorie counting for the children.

100 calorie snacks

Here are some suggestions of what 100kcal packaged snacks look like and ideas to get you started:

Malt loaf slice

Fresh fruit

Chopped vegetables

Plain rice cakes or crackers with lower-fat cheese

Remember to always check the label as products may vary.

**St Bede's School is a nut free zone. Please check the packaging for traces of nuts on food when making packed lunches and sending in snacks.**

## SHOE BOX APPEAL

After the great success of last year's campaign, we have decided to organise our Shoe Box appeal again. We have collaborated with The Rotary Club who champion this cause and who have provided us with the boxes to fill.

We have challenged ourselves as a school to fill 100 Shoe boxes. We have sent home one box per family group but if you would like to complete more than one then please just ask. As a school family, we would like to make this venture a huge success for the children. Last year's work was a great source of inspiration for the children and helped many of them see the value of helping others in need. Please return the boxes to school Monday 21st October. At list of items that are appropriate for the boxes is available from the school office. Many thanks for your continued support.

Mrs Alderton & the Mini Vinnies



## FRIENDS OF ST BEDE'S BINGO NIGHT



The Friends of St Bede's would like to invite you and your family to a Family Bingo Night. This will take place on Wednesday 16th October 2019 from 5:30-7pm. Tickets are £2 per person which includes a bingo book. Additional bingo books will be available for £2 per book. Refreshments will be available along with a sweet stall, however you are very welcome to bring your own picnic tea! Please note that this event replaces the Autumn Disco.

## FRIENDS OF ST BEDE'S – VOLUNTEERS WANTED

The Friends of St Bede's do an incredible job raising funds to support school. All funds raised go straight back to improve your child's education. The Friends are in desperate need of volunteers. If you are interested, please contact the school office or speak to Mrs. Stubbs.



## MOBILE PHONES / TABLETS IN SCHOOL



We ask that mobile phones and electronic devices are not brought into school. If your child travels independently to and from school and needs their phone it must be taken to the school office at the start of the day. Children can collect their devices from the office once they have been dismissed by their class teacher.

## FAMILY & INDIVIDUAL PHOTOGRAPHS

Tempest photography will be in school on Monday 18th November 2019 to take family and individual photographs.



**THIS WEEK'S RIGHT: Article 42:** You have the right to know your rights! Adults should know about these rights and help you learn about them, too.