



Holy Spirit, source of all knowledge, we pray for our teachers, help them in all their work. We thank you for all the support and guidance they give to us, and for being like St Thomas by passing on the light of knowledge and understanding.

Amen

Friday 1st February 2019

Message from Mr O'Connor, Assistant Principal

This weekend will see the start of the 2019 Six Nations rugby championships. All eyes will be eagerly awaiting the opening fixtures and a potential grand slam decider between Ireland and England. There has been lots of media speculation on who will edge these closely fought games between the northern hemisphere powerhouses to claim the title. There are questions around what winning this championship really means as it is played out in the shadow of the autumn rugby World Cup. Many are backing Ireland to retain the championship. Others think it will come down to the last game between Wales & Ireland in Cardiff... the day before St Patricks Day!

To win this epic battle all teams will need to be at their very best! Former Irish lock Paul O'Connell once roared to his British and Irish Lions "Let's be the best at everything that requires no talent". A key moment that led to the 2013 series win over Australia. O'Connell of course was talking about the stuff that needs to be done to win matches but is rarely talked about - getting back up after making a hit, cleaning out rucks, chasing back, being on time for training, supporting each other. All part of fine-tuning a winning formula. Everybody played his part.

"A community needs a soul if it is to become a true home for human beings. You, the people must give it this soul." John Paul II

Our students at Bishop Challoner continue to shape our community by fulfilling our school ethos. Most definitely through developing their full potential but also through all the selfless acts of service to others and for 'being the best at everything that requires little or no talent'. Their contributions through volunteering, fundraising and the many leadership initiatives has made a significant difference to those around them. Our year 10's recently donated over 71.2 kg of food to the B30 Foodbank to prevent families from across our community going hungry. Students in year 7 and 12 raised £581.76 for Teenage Cancer Trust and students in year 11 and year 9 raised £120 for Cystic Fibrosis Trust. Through their sustained service to others, our students are the driving soul of our school community and we are extremely proud of them all.

Our year of health & wellbeing continues to play an important role across our school community. The 7th of February will bring the national 'Time to Talk' day. Its purpose is to encourage conversations about mental health to help break down stereotypes, improve relationships

and take the stigma out of something that affects us all.

In a place in Dublin I visited an old man whom nobody seemed to know existed. I saw his room; it was in a terrible state, I wanted to clean it, but he kept on saying: "I'm alright." I didn't say a word, yet in the end he allowed me to clean his room. There was beautiful lamp in that room covered in the dirt of many years. I asked him: "Why do you not light the lamp?" "For whom?" he asked. "Nobody comes to me; I do not need the lamp." I asked him: "will you light the lamp if I send a sister to see you." "Yes," he said, "if I hear a human voice, I will do it." The other day he sent me word: "Tell my friend that the light she has lighted in my life is still burning."

*Blessed Mother Teresa of Calcutta,
A Gift for God: Prayers and
Meditations, (Harper San Francisco,
1996).*

I could not finish without returning to the rugby. Many believed that St Patrick was born in Banwen, a small village in West Wales around 387AD. Worldwide he is better known for his missionary work and for being the patron saint of Ireland. Let us hope it will be his Irish eyes that are smiling come feast on the 17th March! Come on Ireland!



It was recently revealed that YouTube is the most popular destination for children online, and that they are preferring this method of entertainment to traditional TV. The reasons for this vary but it is widely accepted that it is in part, due to the sheer volume of content that is on the platform, content that covers everything from football; make up tutorials; did you know videos and daily vlogs. Whilst inappropriate content is not permitted on the site, this does not include foul language, extreme views, conspiracy theories, discussion of adult topics and content that could be deemed as inappropriate to young viewers. Used correctly YouTube can be a great place for both entertainment and education. However, there are some steps that we recommend you take with children, especially young ones, to ensure that their experience of the platform is positive. These are:

- To be aware of what your child is watching on the platform – this can be done through asking them to show you their viewing history.
- Setting up parental controls on the platform – this can be done by placing the platform into 'restrictive mode', which filters content deemed inappropriate.

Parental controls guide:

<https://www.lifewire.com/youtube-parental-controls-2487977>

Original news article:

<https://www.bbc.co.uk/newsround/47029765>

Sixth Form

UCAS

University Success

So far 280 offers have come in from universities- nearly 30% from Russell Group universities.

All of our Oxbridge and Medicine applicants have had interviews with two offers from Cambridge.

1 student has been offered a fully inclusive scholarship at North Western University in the US.

Firm and Insurance Choices

Year 13 have had an assembly, and tutors have this information too, about making their Firm and Insurance choices from their university offers. This needs to be done with a great deal of thought, and students are advised to speak to a member of the Sixth Form team before making their final decision. It is a complicated process, if, on Results Day, students decide that they chose unwisely and it will not always be possible to alter their choice, as they wish, in August.

Question Time with Andy Street

On 1st February, Andy Street, Mayor of the West Midlands Authority will visit Bishop Challoner for a Question and Answer session with Year 12.

Auschwitz Trip

Year 12 students are invited to submit an application to be considered for this fully funded trip, run by the Holocaust Education Trust on March 13th

Trip Keble College Oxford

On 6th March a group of Year 12 students will travel down to Keble for a bespoke outreach event: a chance to learn about the Oxbridge application process and the college system, as well as meet current students and gain advice about submitting strong applications.

Sutton Trust and UNIQ Summer Schools

Every year we have a number of students who spend part of the summer attending summer schools at top universities around the country, including Oxford. As well as finding out more about their preferred subjects, students have a chance to experience university life with a full social programme provided too. These are all free of charge. Applications are now open.

Nuffield Research Placements

Would you like to spend the summer carrying out PAID work experience, working on a science project at a top UK university? Then make sure you apply for the Nuffield Research Placements.

MFL Year 11 Revision Guide

Please be advised that you will be able to purchase a GCSE French revision guide on Year 11 parent's consultation, on Thursday 14th July.

They will be sold for £3 each, which is much lower than the high street price.

If you would like to purchase one, please go up to L3, with some change, and ask for Miss Mazabraud.

Sports Updates

Fixtures

A huge congratulations to the Year 7 and 8 girls and boys who made it to the indoor athletics finals! Year 8 boys came 3rd whilst the Year 7 boys came 2nd! As well as this, the Year 7 and 8 girls both won the competition! Well done to all those involved!

As the basketball fixtures continue, the Year 9 and 11 girls have had a great start to the season! Both teams have played against King Edwards Handsworth Girls and St Thomas Aquinas where they played exceptionally well. Although they were all tough competition both teams triumphed and won the games! Well done to all those involved!

As part of the school games fixtures, Year 10 boys and Year 9 girls entered an indoor rowing team who competed at King Edwards Camp Hill. All students participated fantastically and entered the competition with such determination! A big well done to the Year 9 girls in particular who will be playing in the school games finals on Tuesday 5th February! Good luck!

What's coming up?

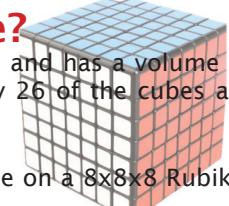
PE spectacular

As part of the Year of Health and Wellbeing, the PE department have designed events over the course of the Year for students to take part in. So far this has included a successful Year 8 Park run/ walk and the 12 days of fitness in the new fitness suite. The next event is for Year 7 only and is a Just Dance spectacular. This event will take place in student's single PE lesson on the last week of half term (week beginning 11th February). There are 4 songs and 3 categories, each person who enters the competition will pay 50p which will go towards the whole school charity. If any student wish to enter, please speak to Miss Hunter or Miss Ball!

Maths Problem

Giant Rubik's Cube?

A normal Rubik's Cube is 3x3x3 and has a volume of 27 smaller cubes. However, only 26 of the cubes are visible (on the outside).



How many cubes would be visible on a 8x8x8 Rubik's cube?

For the solution to the last problem, follow us
@BCMathsDept

Teaching School Update

News from Teaching School: Tuesday 5th February sees a further Train to Teach information evening here at Bishop Challoner from 6pm. You can book a FREE place here: www.bctsa.org/train-to-teach-events. Can't make that event? We will also be at the Clayton Hotel in Birmingham city centre on Monday 11th February, 3-6pm with other local teacher training providers. You can book a place here: <http://traintoteachbrum2019.eventbrite.co.uk>

Charity Update

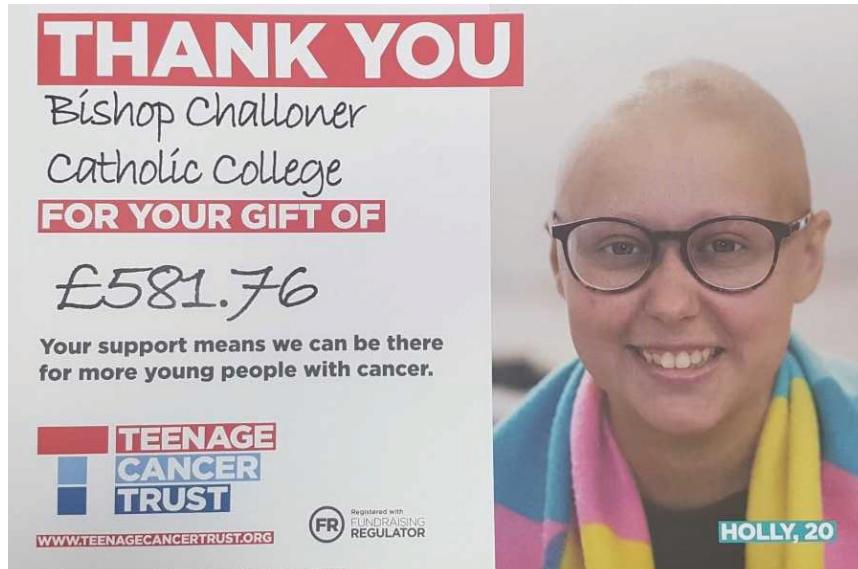
Before Christmas many of our staff and students have worked together to demonstrate compassion to those in need by fundraising for various charities. Below are just some of the charity cheques that have gone out so far this year:

Bone Cancer Research Trust £130.16 - Thanks to all staff who ate some lovely cakes in the last week of term to support a charity close to the heart of a previous staff member.

Teenage Cancer Trust £581.76 - Thanks go to the canteen and some of our lovely year 7 and 12 students for their sweet sale and to Karan Tehan for supporting the charity at her Wind Direction concert.

Cystic Fibrosis Trust £120 - thanks to a mixture of year 10 and year 9 students for organising the cake sale in aid of Cystic Fibrosis Trust.

Now our school charity has been selected (British Heart Foundation), we have reflected on the work before Christmas and are now looking for new ways to fundraise.



Advertising with Bishop Challoner

No need to pay the High Street prices for billboard advertising. You could advertise to 2000 people a day through Bishop Challoner for a fraction of the price.

We are delighted to offer advertising space in our community areas, including our sports hall, function room and gym.

This opportunity is available for £30 per month. Please contact G.Noone on 0121 4444161 or email: g.noone@bishopchalloner.bham.sch.uk

Newsletter sponsorship

Would you like to sponsor our Easter Newsletter. For £50 you can promote your business to all our school contacts. All you have to do is drop us an email for more details. Please contact g.noone@bishopchalloner.bham.sch.uk if you wish to advertise.

Match and School Fund

Please visit the school website for more information on School Fund contributions and Match Fund through your employer. Thank you to everyone that has already contributed.



Follow us at:



@bc_friends



Friends of Bishop Challoner



Year of Health and Wellbeing Tip

Miss Bisset's top wellbeing tip for 2019 is to cultivate compassion. Regularly showing compassion in little ways has been linked to improvements in physical and psychological health. Cultivating compassion happens when one habitually considers the needs of others and supports them by through acts of kindness.

A wealth of evidence, noted by Psychology Today, has demonstrated that compassionate lifestyles can improve one's quality of life by strengthening a sense of community and tackling the suffering around us. According to Psychology Today (link below), small acts of kindness resonate in our lives. When we practice acts of kindness, neurochemicals such as oxytocin and dopamine are released, which increase our overall level of happiness.

So how can you begin cultivating a compassionate lifestyle? Over the next few weeks, our collection for St Chad's Sanctuary will begin again. St Chads are in need of small or medium sized clothing, children's clothing, shoes, bags, toiletries and long-life food items. Any donations can be dropped off at reception or taken to the collection area outside the staffroom.

For more information on where these ideas came from please see:

<https://www.psychologytoday.com/gb/blog/emotional-nourishment/201711/why-random-acts-kindness-matter-your-wellbeing>

Facilities Hire for Parties and Events

For more info call Laura on 0121 441 6103

Easyfundraising

Thank you to all that supported the school during Christmas. We now have over 150 Bishop Challoner Easyfundraisers! To become a member and help Bishop Challoner go to <https://www.easyfundraising.org.uk/causes/>





PARENT/CARER WORKSHOPS

Every Monday 6 -9 pm (for 6 Sessions)

Starting 25th February 2019

At Moseley Hall Hospital, Alcester Road, Birmingham, B13 8LJ

**Are you the parent/
carer of a child with
special educational
needs?**

**Do you want to meet with
other parents/carers and
learn about national and
local services and what
they can offer?**

**Do you want to feel more
confident about working
with practitioners and
making decisions about
your child's journey?**

We warmly invite you to a series of workshops that have been written and led by trainers who are parent/carers of a child with additional needs themselves.

These workshops are for parent/carers of children and young people of any age, with any additional need following diagnosis. They are an attempt to support parent/carers through times of change and at whatever stage of the journey participants may find themselves.

For more information please contact:

Oenca Fontaine (Parent Lead), oenca@innerdimensions.co.uk or

Stephanie Edwards (EYIS-Early Support Service), Edwards@birmingham.gov.uk/07827 082750

Cathy Spruce (Sensory Support), Stephanie.Cathy.spruce@birmingham.gov.uk/07827 082769



To book, please complete attached booking form.

Upcoming Events

St Chad's Sanctuary Collections begin
Monday 4th February

Year 11 Parent Consultation Evening
6-8pm

Thursday 14th February

Early finish
Wednesday 6th February

Friday 15th February -

Monday 18th February

Lent Service begin
Thursday 7th February

Half Term

Monday 18th February -
Friday 22nd February

KS5 Student Leadership
Thursday 7th February

Canteen- Indian Day
Tuesday 12th February

Attendance

Year 7- 96%

Year 8- 96%

Year 9- 95%

Year 10- 95%

Year 11- 95%

Whole School- 95%