

BC14

Lord Jesus,
You had a childhood like us,
Help us to find joy in our everyday life
And remember this is a sign that you are with us.
Amen.

Message from Dr Coughlan, Assistant Principal

Friday 12th October 2018

This week marked the feast day of Blessed John Henry Newman. Eight years ago, in September, Bishop Challoner pupils and staff attended a Mass in Cofton Park, with thousands of others, at which Pope Benedict XVI beatified him. John Henry Newman's words remind us of the importance of service to others and personal mission, "God has created me to do Him some definite service; He has committed some work to me which He has not committed to another. I have my mission."

In our year of Health and Wellbeing all within our school community are reflecting on their own personal challenges and mission with pupils and staff making their own pledges for the year.

It has been a busy couple of weeks. On Friday 5th October the school was alive with colour as we supported the "Brighten Up" CAFOD campaign. Pupils and staff

wore bright colour tops, skirts, trousers, ties, neon nail varnish, festival paint, glow sticks and we were all left dazzled by Mr Robinson's shirt! Miss Grattidge and her chaplaincy team did a brilliant job organising this event which collected much needed funds for CAFOD projects.

This Wednesday was World Mental Health day. Statistics suggest that one in four adults and one in ten children will suffer from a mental health issue. Miss Williams, Mr Clarke and their year 10 team organised a lunchtime event for pupils including a shared lunch, a quiet space for reading, board games, mindfulness colouring and a positivity mirror.

Next week all year 8 pupils will be taking part in a twenty minute run/walk around Kings Heath Park and we look forward to hearing how they got on in the next edition of BC14.

Sixth Form

Brighten Up for CAFOD

It was great to see so many Sixth Formers taking a leading role in Brighten UP for CAFOD last Friday. They are great role models and are really living out our mission statement.

University Applications

The last of our "early" applications will be sent off this week - that is those who are applying for Oxbridge, Medicine, Veterinary Medicine or Dentistry. We are delighted that this year we have applicants in each category. Some of the students, whose applications have already been submitted, have received offers already!

We are very pleased with the efforts that all of our students are making with their applications, assisted by their teachers and the Sixth Form team.

Year 12 opportunities

Year 12 had an assembly on Monday where we reminded them of the many opportunities open to them from providers in the local community and beyond. Amongst those mentioned were:

- Sutton Trust
- Pathways to Healthcare
- University of Birmingham Routes to the Professions

All of the above have a "widening participation" focus- encouraging students from backgrounds who are less frequently represented in the professions to get involved.

Teaching School Update

With UCAS now open, we are now taking applications for our School Direct Teacher Training route for a September 2019 start. Working with many of our partner schools across Birmingham and beyond, we have places available for a range of Secondary subjects and also Primary with ourselves and the University of Warwick, and additionally Primary PE at Newman University.

If you are thinking of becoming a teacher, or know someone who would make a great teacher then please see our website for info sessions and school experience days - <http://www.bctsa.org/Apply-For-School-Direct>

BRIGHTEN UP

On Friday 5th October we brightened up our school to raise money for CAFOD Family Fast Day.

Students from the chaplaincy team with the support of staff were selling glow sticks and painting nails and faces to improve the health and wellbeing of those less fortunate than us. CAFOD works in developing countries to help those living in poverty. Schools around the country got on board to support this work whilst having fun and brightening up in the process.



PE Kits

We have been advised by Clive Mark that due to unprecedented sales there has been some delay in the supply of the new PE kit. Please be reminded that it is only compulsory this year for Year 7 students to wear the new kit, students in all other year groups are able to wear the same kit as last year. All students will be required to have the new kit by September 2019 but not before.

Attendance

Year 7- 98%
Year 8- 96%
Year 9- 96%
Year 10- 96%
Year 11- 95%
Whole School- 96%

Sports Updates

Fixtures and results

As this half term gets underway we have had many fixtures and competitions over the past two weeks. First of all the result from the Year 10 and 11 girl's futsal school games competition. The girls had a combined team and played against a variety of schools within the competition. The girls successfully won the tournament and will progress onto the school games finals at the futsal arena, dates and times still to be confirmed. The Year 7, 8 and 9 team also participated in a futsal competition on Monday at King Edwards Camp hill school. 25 girls represented the school and gave it their all. A huge well done to the Year 7 girls' team who also won 2 games and drew 1. They will also go along to the school games finals to represent the school at the futsal arena! Although the Year 8 and 9 team combined did not qualify they gave it their all and did themselves and the school proud! Well done to all those involved! Moving onto the Year 7 boy's football results, they won their second game of the league against Kings Norton Boys School. Goals were scored by Ryan and Finn, with Man of the Match being Aidan! Well done boys! The Year 10 Netball team have had a great start to their season winning all their games thus far. A big well done to the girls but in particular Emily K who has been voted player of the match in each game. Keep it up girls! The Year 7 Netball team have had a great start to the season winning their first match by 5-1. Niamh was team captain and completed a lovely match report. As captain she explains how well the team played together supporting one another and playing some great passes up the court. Defence were amazing blocking their opponent's advances. Player of the match went to two of the team this week, Anna and Jada. Well done girls!

Cross country

Key stage 3 pupils attended a cross country qualifying competition at Shenley. The top fifteen from each age group have now progressed to county trials. All pupils worked extremely hard to achieve the best time possible. From Bishop Challoner we have 10 pupils who have qualified, we therefore wish them the best of luck!

Year 8 fun walk/run

Monday 15th October marks the first event for PE for the Year of Health and Wellbeing. All Year 8 students will be participating in a fun run/walk at Kings Heath Park altogether. The students will complete a timed challenge in how far they can run/ walk in an allocated period of time. All Year 8 students need to come to school in their regular PE kit. Good luck Year 8!

Extra-curricular

The PE department have had numerous events and clubs taking place recently. It has been great to see so many pupils attending. Please see the school website for the PE extracurricular timetable.



As we enter the lead up to Christmas, there is no doubt that many young people will be requesting the latest video games for a present. Worryingly, the amount of these products that feature 'in-app purchases' and online features has risen meaning that the initial cost

of the product may not be the only one. The vast majority of these games now feature online play where users can use real world money to make purchases in the game to increase their enjoyment and competitiveness. We feel it is vitally important that parents and carers have a conversation with their child to discuss the risks and what to do to stay safe on what should be, an enjoyable form of entertainment.

www.getsafeonline.org/protecting-yourself/online-gaming

Easy Fundraising

Our extra curricular and enrichment programme enriches the lives of young people in our school and gives them the opportunities to fulfil their full potential. Our programme runs 40 clubs per week ranging from book club to gymnastics.



Join easyfundraising and you can collect free donations for us every time you buy something online.

Billboard Advertising

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 £40 per month. Please contact James on 0121 441 6103 or email: sportscentre@bishopchalloner.bham.sch.uk

School Fund and Match 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.

Venue Hire For more information call: 0121 441 6103



Thanks to all that have supported.

Year 11 visit to Land Rover

On Friday 5th October some year 11 Business pupils visited Land Rover in Solihull where they saw the cars being made and took part in a number of Business games. The day focussed on Business concepts such as quality, lean manufacturing, and JIT inventory control.

In addition to the valuable educational experience the pupils were exposed to some excellent team building sessions where they developed their employability and interview skills. It was a thoroughly enjoyable and worthwhile day. Thank you to Ms Sadler and Mr Wooler for coming along and supporting the pupils.'

Upcoming Events

Official Deadline for early UCAS Applications
Monday 15th October

Year 11 PSHE Day
Friday 19th October

Non Uniform Day
Thursday 25th October

Internal Deadline for UCAS Applications
Friday 26th October

INSET - School Closed
Friday 26th October



Reading & Writing for Wellbeing

Top tips for parents from the National Literacy Trust - 'Words for Life'

Reading and wellbeing

- If your child is facing a particular problem, reading a book that covers the subject could help. It can help them make sense of what they are going through, and feel that they are not alone. Your local library is free and a good place to search for books that cover a wide range of issues that your child can relate to.
- You don't have to be a great reader yourself. Audio books are a great way to enjoy stories and still gain all the benefits associated.
- Picture books can be a great way of talking about difficult topics with children. They can even work well for older kids.
- Getting lost in a good book is a great way for a child to forget about stress and worry. It's also a great way for a child to develop empathy skills and understand other points of view.
- Reading a funny book will make your child laugh and feel happier. Reading books together is a great way to share a positive experience with your child.

Maths Problem of the Week

Prison Break

A prisoner sits in his cell planning his escape. The prisoner is kept in by 5 laser beams, which operate along a corridor. Each laser is switched off at a specific time interval for just long enough to allow a person to walk through. The time between being switched off for each laser is shown below:

Laser 1 = every 3 minutes
Laser 2 = every 2 minutes
Laser 3 = every 5 minutes
Laser 4 = every 4 minutes
Laser Five = every 1 minute

For the solution to last week's problem, follow us @BCMathsDept

The guard patrols and checks the prisoner each time all the laser beams are off simultaneously. Because each laser only switches off for a short time the prisoner knows he can only get past one laser at a time. He has to get past the five lasers from 1 to 5 in order. Laser 1 is at the entrance of the prisoner's cell and laser 5 is at the door to the outside. He also knows that if he spends longer than 4 minutes 12 seconds in the corridor an alarm will go off.

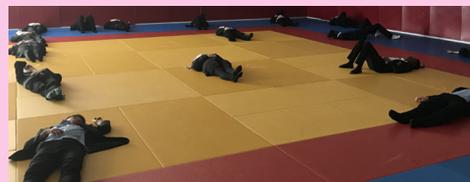
Can the prisoner escape without the alarm in the corridor going off?

If he can escape, how many minutes should he wait before passing Laser One?

How much time will he have after passing Laser Five before the guard raises the alarm?

Year 9 Meditation

In our year of health & wellbeing, our Year 9 students are using meditation to breathe fully, relax and reduce anxiety. Guided meditations from 1 minute to 30 minutes can be found at www.fragrantheart.com



- Reading before bedtime is a great way of switching off from the day. A relaxing read before bedtime will help your child prepare for a good night's sleep and wake up refreshed.
- Download a copy of our wellbeing book list for book recommendations for different ages: (<http://www.wordsforlife.org.uk/sites/default/files/images/wellbeing-2018/wellbeing-booklist.pdf>)

Writing and wellbeing

- Writing can be a good way of reducing stress and anxiety. If your child has been through a distressing event, writing about the experience can be beneficial in helping them to process the incident.
- Creative writing can help a child relax and improve their mood. It also encourages concentration and attention, whilst strengthening a child's imagination.
- Writing about happy events can be a good way for a child to preserve happy memories and emotions, as well as being fun!

If your child's wellbeing is suffering you can talk to your GP, or visit the Place2Be website for a list of organisations that provide support for parents (<https://www.place2be.org.uk/crisis-contacts.aspx>)

The Year of Health and Wellbeing is fully underway with incredible opportunities every week for students to develop their physical and mental health. Every year group has engaged in a range of activities to educate, inspire and encourage students to take their health and wellbeing seriously. According to the Mind, a leading mental health charity, young people can improve their wellbeing in many ways including challenging themselves, trying new things and getting active. Students have engaged in a huge range of activities with these aims in mind, and with even more to come it looks like it will a great first term.



Some activities students have participated in so far include...

- **Internet Safety Assemblies** have warned students about the repercussions of the dangers surrounding technology and how to keep themselves safe
- **Reward assemblies** have begun this week for year 7 and 8 - students now have their Commit to Character cards to begin collecting their signatures that can lead to certificates, praise postcards and reward trips
- Year 10 have taken a lead on **World Mental Health Awareness Day** (10th October) by designing and engaging in a set of activities at lunchtime. All activities aided students in self-reflection, promoted mindfulness or just allowed them the opportunity to enjoy themselves in a different way to a usual lunchtime.
- As a year group, Year 7 spent one morning watching the Disney film **Inside Out**. The film is all about the emotions of an eleven year old girl named Riley; Riley has undergone some big changes in her life and she struggles to cope but eventually she recognises that 'Joy' (one of the characters) is not lost if she just asks for help when she is struggling. Students discussed the mental health messages of the film as part of their time out of lessons.
- All **Personal Tutor** groups have been looking at the stigma of mental health and learning from famous role models who have spoken about how they manage their mental health. Each tutor group has created a Year of Health and Wellbeing slogan as part of a school wide competition, the tutor group with the winning slogan will have a Personal Tutor party next week. Some slogans include: 'happiness is the key to health'; 'be kind to your mind'; 'take a healthy selfie'; 'putting the we in wellness' and 'there is wealth in health'.
- Completing **wellbeing pledges** and self-assessments during form time
- Creating **wellbeing boards** in their form rooms
- **Tea and Talk**- one Year 10 form have been spending more time together, socialising and supporting each other with a weekly breakfast meeting.
- **Form time meditation**- currently Year 9 are on a rota to practice the art of meditation during form time, this will allow them the opportunity to de-stress after a full day of school and learn how to clear their minds.
- **Chapel Activities**- during break time on a Monday students are invited to complete some mindfulness colouring. Additionally, every Thursday all students are invited to say the Rosary in a teacher led session that allows for quiet reflection and prayer.

Opportunities in the next few weeks that student can look forward to include...

- **Year 8 Park Run** - all Year 8 students will be heading to a local park on Monday the 15th October to complete a one mile challenge. Students can run, walk, hop or skip their way to better health, burning off some energy and getting fresh air.
- **Primal Scream** - Year 10 are preparing to lead a school wide competition for the loudest screams. The aim... to let off some steam and have a scream.
- **Bishops Got Talent** - On Thursday the 28th students will be invited to spend some time de-stressing by demonstrating their talent for crafts over break time.
- Key Stage 3 PE options week - PE will soon be announcing to students an opportunity to try something new by selecting the active lessons they can engage in.
- **Year 11 Health & Wellbeing Day** - On October 19th Year 11 will engage in a range of activities to develop supporting their personal, social and health education. Students will watch a drama performance by an incredible company called Loudmouth, take part in drug and alcohol abuse workshops, listen to a visiting speak talk about safe relationships and select an active workshop from choices such as yoga, Zumba, dodgeball and self-defence to name just a few.
- **1 Mile Challenge** - a rota for all year groups to complete a form time challenge by running one mile around the school playground begins. Students will be encouraged to push themselves and get active.
- **Bishop Challoner's extensive extra-curricular** options continue with more students engaging in clubs and sporting activities every week. We encourage all students to try something new each year allowing for new interests and healthier routines to form.

Year of Health & Wellbeing: Wellbeing Tip #3

Following our fortnightly tradition of staff sharing their wellbeing tips, Head of Year 9 Miss Beard would like to encourage everyone to take ten minutes a day, away from any distractions including mobile phones, to reflect on the positive aspects of the day. Taking time for yourself is really important, in modern life we are scarcely away from technology and communication of some form thus it is easy to forget to contemplate the positives and wind down.

Mindfulness exercises or meditation can help those who struggle to stop focusing on their to-do lists or the issues of the day. Headspace is a brilliant website or app that has hundreds of free mindfulness sessions to listen to, each helps individuals create the companies vision - a healthier and happier world.