

# BC14

Holy God,  
You have given each of us many different gifts,  
So that we can come together as a community  
to achieve amazing things.  
Help us to share our gifts  
and be ready to accept those with different gifts.  
Amen.

## Message from Mr McEvoy, Principal

Friday 14th September 2018

Dear Parents/Carers, Students and Staff

Welcome to the new academic year 2018/19, designated at Bishop Challoner as the 'Year of Health & Wellbeing'. Over the coming months we will be focusing on the physical and mental health of our community, their resilience and confidence, spiritual reflection and inner strength. Issues around diet and healthy life-styles will be a priority as we seek to combat the stresses and pressures that exist in modern society. We will continue to strive to manage the challenges of the new curriculum and examination system to ensure students have a positive, engaging and enriching school experience. For groups at the end of Key Stages, a particular focus will be placed around the management of examination stress and on guidance for balanced revision and examination preparation.

A staff committee has been established to co-ordinate the programme, led by Mr O'Connor and Miss Bisset. Should you have ideas, expertise, opinions or questions then please do not hesitate to contact them via email. A half-termly calendar and newsletter will be produced to highlight the work and opportunities. The Bishop Challoner community is committed to giving this initiative the highest priority.

And, in other news, the school was delighted to once again achieve superb results at A Level, GCSE and on Vocational Courses. Year in, year out, Bishop Challoner consistently guides and supports its students to outstanding academic success. That this is achieved within the context of a school that believes in the importance of a broad, extensive provision and a holistic experience throughout a young person's education, is confirmation that Bishop Challoner continues to a great school, one of the top performing in the city with, probably, the broadest extra-curricular programmes in the country.

No BC14 editorial would be complete without an update on GB's top gymnast Dominick Cunningham. Over the summer, Dominick won Gold (Floor) and Silver (Team) at the European Championships. He was the only British gymnast to take a Gold at the games. We continue to watch his every move (rapid and complex as they are!) and wish him continued success. A new mural to celebrate his achievements is currently being painted by our Artist in Residence, Niamh Ryan.

And finally, let me wish you all a successful, happy and healthy 2018/2019 school year!

## Teaching School Alliance

It's a new school year and a new term and Teaching School is looking forward to a new round of teacher training recruitment. On Tuesday 25th September, we invite anyone who is thinking of teaching to come in for a chat - 6.00-8.00pm, to find out more about the different training routes on offer into primary and secondary teaching. So, if you have graduated or are graduating this year, why not book a place on this free event! [www.bctsa.org](http://www.bctsa.org)

## Performing Arts

All instrumental lessons (with the exception of recorder) are now running. Students involved have been sent a letter detailing where the timetables are and it is their responsibility to arrive at the correct time every week. Payment is now available on schoolcomms so please pay via this method. Please contact [l.choudhury@bishopchalloner.bham.sch.uk](mailto:l.choudhury@bishopchalloner.bham.sch.uk) if you have any queries about lessons or payment.

All extra curricular Performing Arts clubs begin next week, before and after school. These are advertised around the school and students have been made aware of them so please encourage your child to attend, whatever their ability or year group!

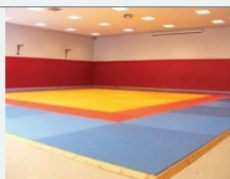
## Venue Hire

For more information call: 0121 441 6103

Sports Hall:



Dojo:



Meeting Room:



## School Fund and Match Fund

Please visit the school website for more information on School Fund contributions and Match Fund through your employer.



A new feature for this academic year is the BC14 Online Safety Blast. Check here in every edition for useful and helpful tips and links in relation to keeping your child safe online.

[www.common sense media.org](http://www.common sense media.org)

Common Sense Media is an excellent platform that allows parents/carers to explore the true content of the films, apps and video games that their child is engaging with. Apps and games are rated on aspects such as profanity, violence and others to afford you a greater understanding of the technologies your child is interacting with.

# Sports Updates

## New PE kit

After a successful launch of the new PE kit for all Year 7's, just a reminder that current Year 8 - 11 students, do not have to have the new PE kit until September 2019. We are allowing this year to be a 'transition' year for those students. However, the expectation is that they do not mix and match the new kit with the old kit! If there are any issues regarding this, please do not hesitate to contact us!

## Extra-curricular clubs

It has been a great first week of PE and sport at Bishop Challoner! There has already been great attendance at our extra-curricular sports clubs. Well done to all those pupils taking part in both morning and after school clubs. If you are yet to come along to at least one, check out the extra-curricular timetable and choose one to come along to!

## What's Coming Up? Condover Hall

Year 7 pupils have a fantastic opportunity to attend a residential trip which focuses on supporting pupils with this huge change and allow them to settle into their new surroundings by forming friendship groups through physical activity and challenge. As part of this, pupils will have the opportunity to experience a wide range of outdoor and adventurous activities which include abseiling, high wire activities, climbing, raft building and water activities. The residential will be held at Condover Hall Activity Centre (3rd - 5th October) which is located in the Shropshire countryside and is considered to have one of the most outstanding Elizabethan manor houses in England. The centre makes the perfect setting for our school residential; it boasts a range of facilities such as high aerial treks, rope courses, on-site lakes, indoor swimming pools and much more.

## Fixtures

With it being the first full week back at school, fixtures are starting to be scheduled. Year 7 boys have already participated in the first two trial days. What a huge success that has been with over 50 boys attending on day one! Our Year 8 and Year 11 girls' netball team have their first game this week against King Edwards 5 ways! Good luck to all those involved! Results of any upcoming fixtures will be announced in future newsletters.

## Year of Health & Wellbeing

September marks the beginning of our Year of Health and Wellbeing. The purpose of this year's focus is to develop the health and wellbeing of our whole-school community. Activities will run throughout the year for students, staff and the wider community that aid them in understanding, maintaining or improving their health and wellbeing. If you have any ideas you would like to put forward regarding the health and wellbeing of our Bishop Challoner community please contact Miss Bisset over email; [f.bisset@bishopchalloner.bham.sch.uk](mailto:f.bisset@bishopchalloner.bham.sch.uk)

## Wellbeing Tip #1

Getting a good nights sleep helps teenagers and adults alike in many ways; it helps us to focus, it reduces anxiety and improves our mood (according to the Mental Health Foundation). High school students should be achieving between eight and eleven hours of sleep a night, adults should achieve between seven and nine hours a night. In order to help us sleep better the mental health charity Mind has some great tips on their website, here are a few...

1. Make sure your environment is right - reduce light and take away distractions such as mobile phones or the TV.
2. If you have trouble falling asleep consider some relaxation techniques such as meditation just before bed, or increase your physical activity during the day so you better sleep at night.
3. Establish a routine - going to bed at a regular time each day can help your mind prepare to feel tired.

## Sixth Form

### Parents/Carers Information Evening

It was great to see so many Year 12 and 13 students with their parents and carers at Tuesday's Information Evening. We hope you found the event useful and we enjoyed the opportunity to answer some questions, in a more informal setting. Our colleague from Birmingham City University gave an interesting presentation on HE and debunked some myths about student debt.

### Welcome

We are delighted to welcome a record number of students this year, who have joined us from local 11-16 schools. They have fitted in quickly and I know staff are impressed by the way Year 12 have started the academic year. Last Friday's Bonding Day was a huge success- Mr Bloxidge's form taking the Bonding Day Trophy in a close contest.

### UCAS

We have rarely seen such proactive students as our current Year 13, who are well on the way with their university applications. The progress they have already made with their Personal Statements is most impressive.

## Upcoming Events

**Internal Deadling for Early UCAS Applications**  
Monday 17th September

**Open Evening**  
**Early Finish 1.10pm**  
Wednesday 19th September

**Late Start 11am**  
Thursday 20th September

**Year 10 Soli House Retreat**  
Tuesday 25th September-Friday 28th September

# Timetable of Extra-Curricular Activities

Day	Club	Start	Finish	Location	Year Group
Monday	Year 9 Young Maths Leaders	15:10	16:10	M3	Selected Y9
Monday	Maths Gifted and Talented Club	15:10	16:10	M4	7 & 8
Monday	Non-Team Football	07:45	08:30	Sports Hall	All (boys)
Monday	Girls Football	15:10	16:30	Sports Hall	All
Monday	Drama Club	15:15	16:00	PA3	All
Monday	We Sing	15:15	16:10	PA2	All
Monday	Homework Club	15:10	16:00	E4	All
Tuesday	Ukelele Group	15:15	16:10	PA2	All
Tuesday	Guitar Ensemble	14:50	15:30	Practice Room	All
Tuesday	Graphite Creative Writing	15:20	16:20	E2	All
Tuesday	STEM Club	15:15	16:10	TBC	All
Tuesday	Science Club	15:15	16:00	S1	7
Tuesday	Year 8 Football	07:45	08:30	Sports Hall	Y8 Boys Team
Tuesday	Girls Cricket	07:45	08:30	Sports Hall	All
Tuesday	COD: Dodgeball	07:45	08:30	Dojo	All
Tuesday	Judo & Jujitsu	17:00	-	Dojo	All
Tuesday	Homework Club	15:10	16:00	E4	All
Wednesday	Maths Drop in/Homework Help	15:10	16:10	C5	7-10
Wednesday	Basketball	15:10	16:30	Sports Hall	All
Wednesday	Netball	07:45	08:30	Sports Hall	7 & 8 (girls)
Wednesday	Homework Club	15:10	16:00	E4	All
Wednesday	Art Club	15:15	16:15	A1	All
Thursday	BC Band	08:10	08:40	PA2	All
Thursday	Badminton & Table Tennis	07:45	08:30	Sports Hall	All
Thursday	Gymnastics	07:45	08:30	Dojo	All
Thursday	Rugby	15:10	16:30	Off site	All
Thursday	Netball	15:10	16:30	Sports Hall	9-10 (girls)
Thursday	Judo & Jujitsu	17:00	-	Sports Centre	All
Thursday	Keyboard Club	15:15	16:00	PA1	All
Thursday	Rock School	15:30	16:15	Recording Studio	All
Thursday	Dance Club	15:30	16:15	Dance Studio	All
Thursday	Homework Club	15:10	16:00	E4	All
Thursday	Textiles Club	15:15	16:15	T1	All
Thursday Week 2	Cookery	15:15	16:15	T5	7-9
Friday	String Group	10:40	11:00	Practice Room	All
Friday	Volleyball	07:45	08:30	Sports Hall	All

## Billboard Advertising

No need to pay the High Street prices for billboard advertising.

You could advertise to 2000 people a day at 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](mailto:sportscentre@bishopchalloner.bham.sch.uk)



## We've Joined 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.