

# BC14

We know, Lord, that in our lives each of us will experience problems and difficulties. Give us courage and strength at those times and prevent us then from looking only at ourselves. Keep our vision wide so that, even in times of difficulty and stress, we may still be able to help others. Help us to transform the difficulties that come our way into opportunities for personal growth and service of others. Amen

## Message from Mr McEvoy, Principal

Friday 10th May 2019

The Great Irish Famine which took place from 1845 - 1850 triggered mass starvation, illness and emigration. Over a million people died of hunger and in excess of two million emigrated to other countries, including Britain, America and Australia. Before the famine, the Irish population was in the region of 8.5 million. It has still not recovered to those figures, standing at 6.3 million, more than 170 years later.

I wonder did many of those fleeing hunger and poverty find their way to Birmingham? And, if so, are any of their descendants amongst the staff and students at Bishop Challoner today? In the ongoing development of our curriculum we are highly engaged in best practice reviews and there is an extremely healthy debate around the latest educational research, how it advises about brain development, knowledge acquisition and what strategies are best for learning. At the same time, the school is determined to see education as a powerful tool in addressing social justice.

As you walk in through the school gates by the Sports Centre, take a look to your left, where the tremendous work of our artists in residence celebrates the successes of our champions of sport and dance. And then, please, notice the twelve green bags that line the fence. These bags have just been sown by our students with Lumper potatoes, the variety that was the staple diet of the Irish people, before blight destroyed the crop and created the greatest loss of life in Irish history. Maybe some of us walking past are, indeed, descendants of people who survived.

This is part of a project to commemorate the famine, and through it we join every school in Ireland. But it is more than that too. It is reflective of our increasing breadth of curriculum development, based on educational research, to create better learners through what Miss Baker tells me is the 'hinterland of learning', that which helps us retain information, feel relevance in our studies and develop as individuals and as a school. And, further to this, it is a statement of our continuing responsibility to develop the social conscience of the school: through remembering the victims of the Great Famine, we raise awareness of the hunger and poverty in this country and in the wider world today, and we ask ourselves "What are we doing as a school and as individuals to bring about change". I see that many young people are taking the lead on climate change action. As they probably said in the time of the Famine in Ireland, and most definitely say today - 'fair play'.

## BC Teaching School

Our 4-Week Summer Internship Programme for 2nd Year Maths & Physics University Students is proving very popular again this year with only a few places left! If you know anyone who may be interested, please urge them to apply quickly - [www.bctsa.org/Teaching-Internship-Programme](http://www.bctsa.org/Teaching-Internship-Programme) We are also still recruiting Trainee Teachers for our School Direct / PGCE course amongst our Primary and Secondary partner schools. Take a look at our website, or UCAS to see if any of our courses may be for you!

## Vacancies

We are seeking to employ a Science teacher from September 2019. If you know of anybody that might be interested in applying then please let them know that more details can be found at: [www.bishopchalloner.org.uk/vacancies](http://www.bishopchalloner.org.uk/vacancies)

## Appointments/First Aid

Please ensure medical appointments are made outside of school hours where possible. If a student must leave school during the day, a copy of the appointment letter/card must be provided.

Please also be reminded that students should not be contacting home during the school day. The decision for a student to be sent home lies with the school.



Bishop Challoner Catholic College  
Institute Road, Kings Heath, Birmingham B14 7EG  
Tel: 0121 444 4161



# JACK GREALISH signed jersey.

We are raffling this Aston Villa jersey to raise funds for our school.

Tickets are £1 each and can be purchased from the school PE Office. Or contact:

**RAFFLE TICKETS £1**



Gerald Noone:  
[g.noone@bishopchalloner.bham.sch.uk](mailto:g.noone@bishopchalloner.bham.sch.uk)  
Tel: 0121 444 4161.

The draw will take place before the U14 and U15 Birmingham Cup Finals on 22nd May. These games will take place at Villa Park.

**RAFFLE TICKETS £1** *Good Luck!*

# Sixth Form

## Community Street Kitchen

The Sixth Formers got involved in an additional Lenten effort last term, collecting for the Community Street Kitchen, a local homeless outreach charity. Each form brought in snacks that can be made into instant hot meals and toiletries which Mrs Reynolds kindly delivered before Easter. They were very well received and we hope to continue to support this charity in the future.



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## Maths Problem Too Close to Call

Given that

$$x = \frac{111110}{111111},$$

$$y = \frac{222221}{222223},$$

$$z = \frac{333331}{333334},$$

which is the largest number and which is the smallest?

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

With the exam season now in full swing for year 11 and year 13, and many other year groups going through mock exams and internal assessments, the amount of time a student is spending on a digital device can be a cause for concern for parents and carers.

The use of a digital device can be a great aid to the revision process but too much of it, or the misuse of it during study, can have a detrimental impact on a students' progress. There is no one size fits all in regard to monitoring screen time, and trust is built through boundaries agreed upon by both the student and the

# Upcoming Events

**Football Development Tour**

Saturday 11th May-  
Wednesday 15th May

**St Chad's Sanctuary Collection**  
Monday 13th May

**Year 12 Mock Exams**  
Monday 13th May- Friday 24th May

**Canteen Mexican Day**  
Tuesday 14th May

**Canteen Vietnam Day**  
Wednesday 15th May

**Year 9 Vaccinations**  
Friday 17th May

**Year 8, 9, 10 & 12 Blessing of Hands Mass for Lourdes at St Chad's Cathedral**  
Sunday 19th May

**Year 10 French Speaking Mock Exams**

Wednesday 22nd May-  
Thursday 23rd May

**Year 13 Leavers Service**  
Friday 24th May

**Year 8, 9, 10 & 12 Lourdes Pilgrimage**  
Monday 27th May-  
Saturday 1st June

**Half Term**  
Monday 27th May- Friday 31st May

**School Open**  
Monday 3rd June

## Attendance

Year 7- 96%  
Year 8- 96%  
Year 9- 94%  
Year 10- 95%  
Year 11- 95%  
Whole School- 95%

- 1 Set a good example with your own device use**  
Children will tend to model their behaviours on you, so if you start reading a book, they may follow your lead.
- 2 Talk together about the time they spend online**  
Understand what they're doing, and explain your concerns.
- 3 Agree an appropriate length of time that they can use their device**
- 4 Get the whole family to unplug and create 'screen free' zones at home**
- 5 Use technology and apps to help manage screen time**  
For example, the Forest app enables them to grow a beautiful forest each day they don't use their phone for a set amount of time. The iPad's 'Guided Access' limits the time you can access any given app, which can be great for younger children.

**60%** of parents are concerned their kids don't have interests outside the web

Parents of **12**-year-olds are most concerned about lack of offline interests

Children aged between 11 and 16 post on average **26** times a day

adult. That said, Internetmatters.org has produced a guide containing some steps that can be used to ensure screen time does not become an issue for young people.

Original document: [www.internetmatters.org/wp-content/uploads/2017/04/IM-Screen-Time-pdf.pdf](http://www.internetmatters.org/wp-content/uploads/2017/04/IM-Screen-Time-pdf.pdf)

# Top Tips for Exam Season

For many students, exam season is a difficult and stressful time. Until they have mastered a range of effective revision techniques, created and stuck to a well thought out revision timetable and have collated all the resources they need, the task of just sitting down to revise may feel too daunting. To some students the fear of failure is also a pressure that may seem insurmountable. Many excellent organisations have advice on how families, friends and teachers can support someone preparing or going through an exam season.



Below are eight excellent tips from the NHS on how to help children who experience exam stress:

(<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>)

## 1 Know the Signs

Not all signs of stress are obvious, some children may not even realise they are stressed. Signs of stress include: worrying thoughts; feeling tense; headaches; stomach pains; not sleeping well, being irritable, losing interest in food or eating more than normal; not enjoying activities one previously enjoyed; low mood or feelings of hopelessness.



## 2 Seek Help

The school and NHS are there to support parents. Some young people feel much better once exams are over, but that's not the case for all young people. If your child's anxiety or low mood is severe, persists and interferes with their everyday life, it is essential you get some help. A visit to your GP is a good place to start.

## 3 Talk about It

Having someone to talk to about their work, can help children share their worries and keep things in perspective. Encourage your child to talk to you or a member of school staff. Additionally, remind your child that feeling anxious is normal and a natural reaction to exams.

## 4 Eat Well

A balanced diet is vital for your child's health, and can help them to feel well during exam periods. Too many foods high in fat, sugar or caffeine can make children unable to concentrate, irritable and moody. The good place for healthy eating ideas is the 'NHS Health Eating Tips for Teens' website.



## 5 Help your Child Sleep

Good sleep improves concentration. Most teenagers need between 8 and 10 hours sleep a night. The NHS recommends that children have at least half an hour 'wind down' between studying, using the computer/phone, watching TV and going to bed.



## 6 Help them Study

Make sure your child has somewhere comfortable to study that is free from distractions. Helping them with practical ideas for how to revise and giving them words of encouragement to motivate them can make all the difference. Often young people perceive pressure from their family that is not always there, remind them of their strengths and encourage them to try their hardest.



## 7 Encourage Exercise

Exercise boosts energy levels; helps relieve stress and can clear one's mind. It does not matter what it is - walking, cycling, swimming, football, dance etc., all are effective.

## 8 Make Time for Treats

Thinking through with your child possible rewards for revision or completing an exam can boost their motivation. Rewards do not need to be big or expensive but they help recognise effort in a positive way. Simple things such as making a favourite meal or watching TV can boost their motivation in a small but effective way.



Would you like to find out more about how to support young people with exam stress?

The websites below have some excellent information.

- **Childline- Exam Stress & Pressure:**  
[www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/](http://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/)
- **Campaign Against Living Miserably- CALM:**  
[www.thecalmzone.net/help/get-help/exam-stress/?gclid=CJ2A4\\_yIzcECFSPItAodU3wAEA](http://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CJ2A4_yIzcECFSPItAodU3wAEA)
- **Student Minds:**  
[www.studentminds.org.uk/examstress.html](http://www.studentminds.org.uk/examstress.html)

# Sports Updates

## Extra-curricular timetable

As we go into our new summer term, the PE department are offering some new clubs for all those to attend! If you are yet to take up a new club this term please see the new and updated timetable below!

Times:	Sports Hall:	Dojo:	Fitness Suite:	Off-Site/Other:	Study Session/s:
MONDAY	7:45-8:30	Football Mr Wilson All Years (Boys)	Rugby Mr Noone (WK2) All Years (Mixed)		(WK1) GCSE P.E. Mr Moon 310-430 (PE1)
	8:30-9:15				
	9:15-10:00				
TUESDAY	7:45-8:30	KS3 Football Mr Moreira KS3 Boys Teams	COD: Dodgeball Mr Wilson Years 8+ (Mixed)		(WK1) BTEC Sport Miss Ball 310-430 (PE1)
	8:30-9:15	BTEC Sport Practical Mr Noone & Miss Ball Y11 Mr Wilson & Mrs Moon Y10	Cricket Mr Linfield All Years (Mixed)	Rounders @ PG Miss Ball (WK2) & Mrs Moon (WK1) All Years (Mixed)	(WK2) BTEC Sport Mr Noone 310-430 (C1)
	9:15-10:00		Judo & Jujitsu Mr Hudson 5:30pm +	Rugby @ Wasps 3-5pm Mr Noone (WK1) KS3 Boys	
WEDNESDAY	7:45-8:30	Gaelic Football Mr Noone All Years (Boys)	Gaelic Football Miss Hunter All Years (Girls)	COD: Dodgeball Mrs Moon Year 7 (Mixed) & KS3/4 Girls	
	8:30-9:15	Basketball Mr Moreira & Mr Naheem All Years (Mixed)		Fitness (PT) C. Gifford, A. Martin & Mr Linfield All Years (Mixed)	Tennis @ Moseley Tennis Mr Moon All Years (Mixed)
	9:15-10:00				
THURSDAY	7:45-8:30	Badminton & Table Tennis Mr Moon & Mr Naheem All Years (Mixed)	Gymnastics Miss Beall All Years (Mixed)		(WK1) GCSE P.E. Mr Moon 310-430 (PE1)
	8:30-9:15	Basketball Mr Moreira KS3 Boys Teams	Basketball Miss Morrison KS3 Girls Teams	(WK2) D of E Miss Beall 310-430 (LIB)	(WK1) BTEC Dance Miss Beall 310-430 (C1)
	9:15-10:00		Judo & Jujitsu Mr Hudson 5:30pm +		
FRIDAY	7:45-8:30	Volleyball Miss Ball, Miss Morrison & Mr Ebrahim All Years (Mixed)			
	N/A				
	N/A				

## Fixtures

As a new term gets underway, we have had a busy start with football fixtures. The U14 girls played their semi-final of the West Midlands County Cup. Unfortunately, the girls lost 3-2 but their performance was fantastic. A huge well done to all the girls involved as they battled hard until the final whistle. A special mention to Giselle who also got player of the match! Well done! As well as this, the Year 7 and 8 girls also played two fixtures against Archbishop Illsely and Bartley Green School. They won both games and as it stands they are top of the league! Well done to all involved! The Year 9 boys played the semi-final of the South Birmingham Cup this week and had a fantastic win! Mr Wilson is extremely proud of all the boys involved as they have reached the final of three cups! Further information to follow about the finals! Good luck boys!

## Intra School

Our next intra school competition is on Monday 13th May 2019. It will be held in the sports hall after school 3:30pm-4:30pm and the sport is Tchoukball. If anyone from KS3 would like to attend please see Miss Hunter for a team sheet!

## PGL

A huge congratulations to the 25 girls who went to PGL over the bank holiday weekend! The girls were absolutely fantastic and came away with 2 silvers and a bronze medal! Miss Ball, Miss Beall and Miss Hunter were all really proud of the girls over the weekend! Well done!

## 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](mailto: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](mailto: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.

## Facilities Hire for Parties and Events

For more info call Laura on 0121 441 6103

Follow us at: Twitter- @bc\_friends  
FB- Friends of Bishop Challoner