

BC14

Christ Jesus,
St John shows us that we can show our love for you
by taking care of others,
help us today to show you how much we love you
By treating everyone as if they were you.
Amen.

Message from Mr Shore, Senior Vice Principal

Friday 28th September 2018

This year at Challoner we have dedicated as the year of health and well-being. The staff have been engaging in health and well-being sessions for the last 3 years, and this has seen a number of exciting activities, and now we would like to invite the students to join in too. The last two years we have had a whole school focus: in 2016 it was celebrating achievement and last year it was service to others. We recognised the contributions of students and staff with a wall collage in the foyer. This grew to be a massive collection and showed what wonderful students and staff we have at Challoner.

We are inviting all our students and staff to make a pledge of what they will do this year to improve their health and well-being. This has hit the ground running with our staff. Already we have: football, yoga, badminton, dress making, golf and this Saturday sees the debut of roller derby; let's hope there are no black eyes on Monday. What we are hoping is that our students will embrace the pledge and that the collage wall begins to fill with pictures of them engaging in activities both in school and at home.

My pledge: I will train towards completing a 200 kilometre cycle in one day before the academic year ends. I shall display my pledge on my door for all to see.

Shaun Shore

Sixth Form

Open Evening

It was great to see so many Sixth Formers working in departments at last Wednesday's Open Evening. Real ambassadors for the superb educational opportunities our students enjoy. A date for your diaries:

Sixth Form Open Evening
Wednesday 14th November 2018,
6-8pm

Applying to the Sixth Form

We are still accepting applications into Year 12 for the current academic year. Students should contact Mrs Reynolds on 0121 441 6144.

Our Year 11 students have had an introduction to our Sixth Form in an assembly last week and we are currently visiting local 11-16 schools too.

Managing Your Workload

It is a busy time of year, adjusting to the demands of A Level or balancing studies with writing university and apprenticeship applications. Students are encouraged to speak to their teachers or someone in the Sixth Form Team, if they have concerns. Please do not ignore deadlines, they don't go away.

Train to Teach with us - Primary and Secondary!

Did you know, that our Teaching School, BCTSA, trains teachers via the School Direct route (which includes PGCE) for Primary schools as well as Secondary? We train over 40 teachers each year in partnership with the University of Warwick and Newman University with fantastic results! If you know someone who would make a great teacher, why not suggest they come and chat to us about it. Our next free information session is Wednesday 10th October, 9-11am, here at Bishop Challoner. Book a place now: www.bctsa.org

Year 10 Work Experience Dates

24/06/2019-05/07/2019

More details will follow over the next 2 weeks

School Fund and Match Fund

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

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.

Venue Hire For more information call: 0121 441 6103

Sports Hall:



Dojo:



Meeting Room:



Sports Updates

Fixtures and results

A huge well done to the Year 8 Girls who won their first netball fixture against King Edward's Five Ways, 23-9. They played phenomenally, and this was a result reflective of that. A massive well done to Josie who got player of the match. Although the Year 11 girls result did not get the result they deserved, after losing their first game against King Edward's Five Ways. All the girls gave 110% effort and showed great resilience! Well done girls! Another huge well done to the Year 7 boy's football team who played against St John Wall School in the cup and won 8-2! Fantastic achievement for all those involved!

This week, Year 10 and 11 girls will be participating in the School Games football competition at the West Midlands Transport Ground. Good luck to all those taking part!

Duke of Edinburgh

The Duke of Edinburgh (DofE) award again is well under-way at Bishop Challoner. After a group of 44 pupils successfully completing their assessed bronze expedition and their practice silver expedition just before the summer, a group of 8 pupils took part in their Duke of Edinburgh Silver assessed expedition last weekend in Malvern. Pupils walked for three days and camped for two nights being fully self-sufficient. They decided upon an aim that would develop their knowledge around a particular topic area, both of which were very creative and insightful. Both groups were successful in the completion of their expedition. Well done to all.

Rugby – Year 9's

During our Physical Education lessons, we are lucky enough to welcome two rugby coaches from Wasps RFC who are delivering engaging and exciting Rugby lessons to our Year 9 boys. The Wasps Project has been a massive hit with our pupils; allowing them to develop a range of skills and techniques, understand the game of Rugby and apply this into competitive/creative situations. The Wasps Project will continue for the next 4 weeks and has been a massive success from the onset and throughout. We look forward to running the Wasps Project with a number of our Physical Education classes this year.

Conover Hall residential – update

The Conover Hall Residential has been pushed back to February half term. The new dates for the trip are Wednesday 20th to Friday 22nd February. A new letter has been sent out and we welcome all pupils from year 7 and 8. The Residential will include a range of Outdoor and Adventurous Activities (high aerial wires, abseiling, rock climbing, water activities, raft building, orienteering, and archery) and will allow pupils to develop socially, physically and mentally throughout the two nights. The total cost of the trip is £170 and this will include all food, accommodation, travel activities and insurance. The residential will be supported by fully qualified instructors and staff from Bishop Challoner.



iOS 12 has recently launched for all iPhone and iPad devices. One of the more intriguing features is the Screen Time function which allows users of the device to monitor how much time they are spending on their phone and crucially, what for. Parental controls can also be

setup with this feature to allow parents to limit screen time for certain applications such as games or social media apps. For more information on this feature, as well as the other updates with iOS 12, please follow the link below.

www.apple.com/uk/ios/ios-12

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

Upcoming Events

Shoebox Assemblies Begin
Canteen- National Vegetarian Day
Monday 1st October

Year 12 Settling In Interviews
Monday 1st October-Friday 12th October

Year 7 Early Review Evening
Tuesday 2nd October

PE Y7&8 Conover Hall Residential
Wednesday 3rd October-Friday 5th October

Year 7 Mass
Thursday 4th October

CAFOD Fast Day
Business Studies Y11 Land Rover Trip
Friday 5th October

St Chad's Sanctuary Collection Begins
Monday 8th October



Thanks to all that have supported.

MFL BGT

The European Day of Languages is celebrated every year on the 26th of September and is a great way of getting our students interested in learning a foreign language.

To celebrate the occasion at Bishop Challoner, we wanted to show off our students' talents in our monthly event 'Bishop's Got Talent'. Our bilingual students made themselves available to teach students and teachers some words in their own mother tongue: Polish, French, Bosnian, Filipino, Spanish and Italian!

Thank you to all students who came to the library to take part and thank you to all the helpers, they were absolutely fantastic! We loved their enthusiasm!

9 reasons why we should all learn a language:

Language learning can make you smarter, improve your decision-making, and even keep your brain healthy in old age!

1. Better Decision-Making Skills

Being able to speak another language can help you make better decisions. Studies from the University of Chicago have shown that people who speak another language are better able to pick up nuances and subtleties in any given situation.

2. Improved Memory

Learning a foreign language helps improve memory. A recent study published in the Journal of Experimental Child Psychology study found that bilingual children performed much better than monolingual children on tasks using their working memory.

3. Increased Attention Span

A bilingual person is accustomed to switching between different languages, deciding which is the appropriate language to use in a given situation. This gives the brain plenty of practice in focusing and filtering information.

4. Improved Ability To Multitask

Speaking two languages, and switching between them, makes you better at multi-tasking in other tasks, too.

5. Increased Perceptual Sensitivity

What this perceptual sensitivity could mean, is that babies raised with two languages will find it easier to learn other languages later in life, as a result of the ability to easily distinguish between different sounds.

6. Better Cognitive Abilities

Research from the University of Edinburgh suggests that specifically, bilingual people score better on tests of reading, verbal fluency and intelligence. Interestingly, this is regardless of what age the person learns the foreign language!

7. Improved First Language

As you learn a second language, your knowledge of grammar improves. This linguistic awareness then transfers back to your first language.

8. Bigger Brain

In fact, as crazy as it may sound, learning a foreign language can actually increase the size of your brain. A group of Swedish scientists did an MRI study which showed that certain parts of the brain were bigger in people who had learnt a foreign language.

9. Delayed Onset Of Dementia

Scientists, in the largest study yet to study the effects of bilingualism and dementia, have found that people who can speak more than one language tend to develop dementia up to five years later than monolingual people.

In Conclusion

Whatever your age, the health benefits of learning a foreign language make it a surefire way to upgrade your life, and future-proof your brain for old age.

So why invest in yourself and get started this year?

www.iwillteachyoulanguage.com

Year of Health & Wellbeing: Wellbeing Tip #2

In the 'Get to know Miss Grattidge' section below, she has highlighted her wellbeing top tip which she believes helps her

to live a happy and healthy life. Her top tip is to make sure you take time to 'switch-off' from work or school and enjoy yourself by spending time with loved ones or doing things you find fun.



In one study commissioned by Barnardos; over half of young people today suffer from anxiety linked to stresses at school at least once a week. Similarly, 44% of adults suffer from work-load related stress (according to one HSE report) thus it is really important we all take time to wind-down from our jobs or education to look after our long-term wellbeing.

Get to know Miss Grattidge

FIVE people she would like to have to dinner (dead or alive) are...

1. Jesus (for obvious reasons)
2. Julie Andrews

3. Prince Harry
4. Adel (to provide the entertainment)
5. Maggie Smith

FOUR books or films you'll never forget

1. Pride & Prejudice
2. Love Actually
3. Beauty & the Beast
4. A Year of Wonders

THREE foods you would have as your last meal

1. Nachos
2. Dominos BBQ chicken & sweetcorn pizza
3. Warm chocolate brownie with vanilla ice-cream

TWO countries you would like to visit

1. Thailand
2. Maldives

ONE wellbeing tip

Maintain a good balance between work/school and home life. For example, make sure you take time to do the things you enjoy and spend time with friends and family. To ensure you have time for this use your work/school time productively not allowing yourself to become distracted. Schedule time to do work and time to relax.