

St Bernard's Newsletter

October 2024

Headteacher Message

Dear Families,

Welcome to the first edition of the new academic year 2024-25.

We welcome all who are new to the St Bernard's family – our year 7 families and those who have joined us in year 12. I hope that your child has settled in and that they are beginning to feel very much part of the family. It has been great to see the new faces that have joined us and I look forward to getting to know you and your child in due course.

Once again, we have a vibrant, diverse newsletter that gives you just a small glimpse as to what we have been doing this half term – time never stands still! Whilst the student's academic endeavours are important to us, we take very seriously our wider responsibility to educate our young people not just to pass exams but to have fruitful and fulfilling lives far beyond the walls of St Bernard's so that they may 'have life and have it to the full.' (John 10:9).

This digital diary allows you to see the different ways in which we aim to provide this to our students in order for them to have a range of opportunities to encounter God in all that they do. I know that I am biased, but I am always in awe of the remarkable things that our young people do and achieve. When you get the chance, please congratulate them.



I take this opportunity to wish you all a great half term when you get there and I look forward to seeing the students back in school on Tuesday 5 November at 8.45 am. (NB. Monday 4 November is INSET Day)

Warmest regards

Mrs Moise-Dixon
Headteacher

School Events



We Will Rock You

Rehearsals for this year's school production of 'We Will Rock You' are underway. We have a large cast of talented and enthusiastic students who

World's Mental Health Day

Our staff and students celebrated World's Mental Health Day on the 10th of

WUKF European Karate Championships

We are thrilled to announce that Marley has been selected to represent Great Britain at

have already given so much of their time and energy to singing, dancing and acting rehearsals. We are so excited by the whole process and can't wait for show week in March!

October by wearing something yellow.

We are proud to take part in Hello Yellow to show young people that they're not alone in their mental health journey. All donations went directly to Young Minds, supporting this important cause.

the WUKF European Karate Championships in Poland.

Marley's hard work and dedication to the sport, training countless hours each week and winning a national competition, has earned her this incredible opportunity, securing her spot over many others in her class.



Year 13 Budding Lawyers

We are immensely proud of our Year 13 budding lawyers. They presented their case to Judges Philip Giles, George Lewzey, and Grahame Richardson with remarkable confidence and even won their legal argument as the prosecution on dishonesty.

An impressive achievement in front of some of Essex's top judiciary.



Rosary

Throughout October, a month dedicated to the Holy Rosary, our students have been gathering in the Chapel each morning at 8:30 for this cherished Catholic devotion. Last week, Years 7 and 8 participated in the Rosary, and this week Years 10, 11, and Sixth Form continued this beautiful tradition of prayer.



TV Appearance

Our amazing student Niamh will be appearing on *Blue Peter* this Friday 25th October at 5:00pm on CBBC (or catch it later on iPlayer)! We are incredibly proud of her hard work, balancing school and her passion.

Best of luck, Niamh!

Sixth Form News



Welcome from the New Head of Sixth Form

I am delighted to have completed my first half term here at St Bernard's, and I have been truly touched by the warm welcome from both staff and students. Having served as Head of Sixth Form at my previous school, I am well aware of the complexities of the role. However, my primary focus has been getting to know the students and observing the unique dynamics of the Sixth Form here. As we move forward, my goal is to ensure that every student is fully supported in achieving their best possible academic outcomes.

Year 12 Key Updates

It has been fantastic to welcome our Year 12 students, both those who were already part of St Bernard's and those joining us from other schools. They have settled into Sixth Form life remarkably well, enjoying many of the privileges that come with this new stage in their education while also adjusting to the demands of A-level study.

This week, we hosted a successful newcomers' breakfast aimed at supporting those who are brand new to St Bernard's and refining our induction process. This event helped create connections and provide a smoother transition for our new Sixth Formers. I will share photos from the event tomorrow!

Year 12 students have just made the largest academic leap of their educational journey—transitioning from GCSEs to A-levels. To support this shift, we have implemented a new homework policy for both Year 12 and Year 13, aimed at providing structure and ensuring students make the most of their free periods and Supervised Study sessions. Teachers are now setting a minimum of five hours of independent learning per subject each week, helping students deepen their understanding and better prepare for assessments.

Year 13: Progress and Support

Our Year 13 UCAS programme is in full swing. Many of our students have already successfully submitted their applications to UCAS, with a number of Oxbridge and Medical applicants leading the way. St Bernard's has a robust programme in place to support students through this critical stage of their academic careers, and the majority of Year 13 students are now finalising their personal statements with feedback from their tutors. The first assessment point of the year is fast approaching, and students are focusing on preparing for this key milestone.

In addition, we offer tailored support for any Year 13 students who underperformed in their Year 12 exams. These students have been paired with learning mentors—either Ms. Owen or Ms. Hogan—who meet with them biweekly to provide guidance, accountability, and strategies to help improve their grades in the upcoming assessments.

Sixth Form Involvement and Events

Our Sixth Formers have been actively engaged across a wide range of school activities, from leading Year 7 retreat days as Liturgy and House Captains, to running clubs and chairing school council meetings. One of the many things that makes St Bernard's special is the breadth of opportunities available to students, and our Sixth Formers are integral in driving these activities forward.

October marks the celebration of Black History Month, and our Sixth Form students have taken the lead in organising a creative showcase to culminate the month's events. They have done an excellent job in coordinating performances and presentations from the younger students, all celebrating Black culture and heritage.

Earlier this term, we also hosted a fantastic Law MOOT session, organised by our careers lead, Ms. Phillips. Aspiring lawyers had the opportunity to put their debating skills to the test against other local schools—a great example of the enriching opportunities available here at St Bernard's, allowing students to develop skills beyond their academic subjects.

I am incredibly proud of what our Sixth Form students have already achieved this term, and I look forward to seeing their continued growth and success.

Mrs Owen

Assistant Headteacher, 6th Form

Sixth Form Open Evening 2024



Sixth Form Open Evening 2024

Thursday 28th November - 6.30pm to 8.30pm

Join us for our Sixth Form Open Evening on **Thursday 28th November**, from 6:30 pm to 8:30 pm

Discover what makes our Sixth Form special, explore courses, and meet our fantastic team of teachers. Don't miss the Headteacher's talk at 6:45 pm, where you'll get valuable insights into our programs and the opportunities awaiting you.

To reserve your place, kindly complete the form below.

[Register for the Sixth Form Open Evening](#)

Chaplaincy news



October is the Month when we acknowledge the vast contribution made by the Blessed Virgin Mary to the Catholic faith. We marked this important occasion by saying the Rosary each day. Students from various form groups met in the Chapel each morning when the Rosary is recited, led on occasion by a member of the Head Student team.



We also celebrating the Harvest this month, with lots of activities, including raising funds for CAFOD. The School marked Family Fast Day on the 4th of October by serving only Soup and a Roll for lunch in solidarity with the hungry in the world. The students paid a small amount for the lunch with all profits donated to CAFOD. Parents also donated to a special fund set up on Parent Pay. Thank you, Parents!

Year 7 also celebrated their Harvest Mass at 6 pm on the 10th of October with their form Tutors and Parents/Carers present. Father Paul judged Harvest banners produced by Years 7 and 8, with 7R and 8M won a prize for their Forms. Well done

There was one other noteworthy and important event at this Mass. The following Readers got commissioned into St Bernard's Reading Ministry. Ruby-Rose Wheeler, Sera Bejoy, Abigail Cauchi, Matilda Baker, Benecia Dias, Quianne Concepcion, Kassie Bance, Eloise Arnold, Sophia Paduano, Tamaraebi Ebiwarebo and Ella Graham.

Father Paul blessed and presented the students with their Religious Life of the School badges. Congratulations to all these students for their outstanding effort and for committing themselves to serving St Bernard's catholic ethos in a special way.

In addition, students collected donations for three charities in Southend that work with the homeless and hungry. These donations were brought up to the Altar during the Offertory and blessed by Father Paul. The Charities are: HARP, St Vincent DePaul Society and Southend Foodbank. St Vincent's and the Southend Foodbank had representatives at the Mass who thanked the parents and girls for their support.

If October was not busy enough for Year 7, the entire year group went on their annual Retreat on the 8th and 10th of October to Aylesford Priory in Maidstone in Kent. The students were accompanied by their Form Tutors and Sixth Form Liturgy Leaders who managed all the Retreat activities in groups. In addition to these activities, the students attended a Noon Mass in the Shrine Chapel celebrated by one of the Friars.

The Year 7s were congratulated by the public who attended this Mass for their exceptional and respectful behaviour during the Mass. As Parents/Carers, you would have been proud of your daughters.

We also owe a special thanks to our Year 13 Liturgy Leaders: Tobi Famose, Georgia Ball, Annetta Shibu, Freya Wood, Matilda Mathew, Sophia Daly-English, Gabby Arce, Lillie Lloyd, Amelia Stiles, Helen Davies, and Maddie Marshall. They did an outstanding job of keeping the girls entertained and engaged in the day.

Literacy Section

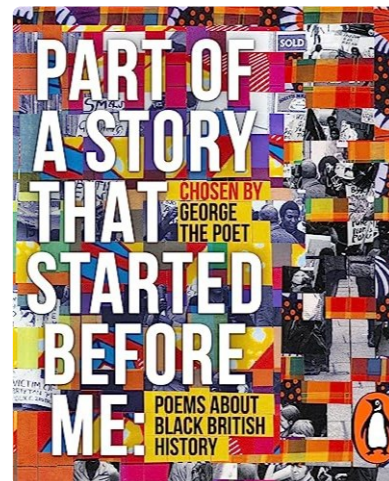


Dear Parents and Carers,

At St Bernard's, our mission is to create a school where reading for pleasure is part of everyday life. We recognise the value of books to transform minds and transport readers to new places

where they can see different lives and learn new ideas. Building on our incredible success last year, we have another exciting literacy strategy in place this year.

All students in Years 7 to 9 will be involved in our **Tutor Reads programme**, a weekly form-time event where all students in each year group read a novel linked to the liturgical theme of the year with their tutor. We also invite the authors of these books into the school to sign the students' books and host a workshop on creative writing, to inspire the next generation of aspiring writers.



We are continuing our elite '**Reading Scholars**' committee, a group of avid readers from all year groups, who help to shape the main literacy-based calendar in the school, from World Book Day to National Book Giving Day. They are the spokespeople for literacy across the school and are often seen in assemblies, promoting the fabulous events that take place. If your daughter is keen to join, please send me an email eab@stbernards.southend.sch.uk. Spaces are limited, so please respond as quickly as possible.

All students in Year 7 this year will have a **Library Lesson** once per fortnight, and they will be enrolled in **Lexia**, an online program that supports the learning of vocabulary, comprehension and grammar tailored to the abilities of each child. Additionally, students will be enrolled in **Accelerated Reader**, a reading programme that supports students in actively reading a range of texts suited to their reading age. With rewards including 'Word Millionaire' and prizes for the students who reach their individual reading target, this programme will encourage students to read books that are appropriate to their reading age and will encourage them to select texts that will stretch their abilities. A separate letter will be sent out to parents explaining more about these programmes.

We are working with the book provider '**Love Reading 4 Kids**' this year. We have a school portal page to promote books for each year group. If you need any recommendations, please feel free to log into the website and select St. Bernard's High School. We also have a 'Wish List' on this portal and parents and carers can purchase books as gifts for the school. Our wish List this year corresponds to the liturgical theme of the year: 'Hope'.

<https://www.lovereadings4kids.co.uk/school/15299>

We have a **Journalism club** – open to all - starting this half-term to encourage students to sharpen their pens and minds! Please see Ms McGowan in English for further information.

This year we will also be entering students into the **National Jack Petchey Speak Out competition**. A competition for our Year 10 students, this is a fabulous way for them to learn about public speaking and how to keep an audience engaged and enthralled!

Yours faithfully,

Mrs E Bailey
Assistant Headteacher

Mental Health News



'Hello' from Ms Jackson, the Mental Health & Wellbeing lead at St Bernard's High School.

Ups and downs are a normal part of everyday life; but how do we know when the normal becomes something to worry about? And who do we reach out to for help and advice when we need help?

At St Bernard's we have an established pastoral system to ensure that every child is nurtured. Students have a tutor who sees them every morning and meets with them individually, a minimum of once every half term. In addition to this, our Heads of Year and the Learning Mentor team work together to support students who need additional support. We believe that the earlier young people can access the right help, the more likely it is that they avoid reaching a crisis point.

In PSHE lessons, the curriculum provides them with the tools to look after their mental health and encourages students to make choices that promote their wellbeing. Students learn about mental health in a way which is age-appropriate and pro-active. This year, Years 11, 12 and 13 will be working with external training providers to help them manage stress around exams. We signpost students to further support if they are worried about their mental health, or that of a friend or family member.

In addition to having a school counsellor, we also work with outside agencies such as the school nursing team, CAMHS (Child and Adolescent Mental Health Services) and charities such as Young

Minds and Safe Steps to support students who need specialist help.

We all have good days and bad days, but when negative thoughts and feelings start to affect your daily life and stop you from doing the things you enjoy, or your ability to feel okay, this means you need support with your mental health. For example, nearly everyone gets anxious before an exam, a job interview or a first date. But if you feel anxious all the time and this is stopping you from sleeping well or meeting up with friends, you might need help.

If you think you or your child need support or information about a variety of mental health and well-being issues, you can visit the school website and look at Mental Health & Wellbeing - St Bernard's High School where you will find useful information and links to support for you and your family.

If you have concerns about the mental health of your child, please contact your child's Head of Year or mentalhealth@stbernards.southend.sch.uk

MFL Department



MFL Careers

The MFL department was delighted to welcome back a former pupil, Eunie Erbynn, as our Intern. Eunie is currently studying Spanish at the University of Warwick. She enthused the pupils with her

cultural lesson about Colombia, where she has just spent her year abroad. Pupils are excited at the thought of studying and working abroad in the future whilst using their language skills. Eunice is considering teaching as a profession after she graduates next year. Good luck with your final year, Eunice!



World Languages Day 26th September 2024

The MFL department was excited to be running our 2nd World Languages Day to celebrate all things languages! We offered activities in form time and language lessons to celebrate the 33 languages in our school. We ran this event in conjunction with The European Day of Languages (EDL), which is celebrated across Europe on the 26th of September every year. It aims to promote the rich linguistic diversity of Europe and raise awareness of the importance of lifelong language learning for everyone.

Paris Trip

In July, we celebrated French culture and language on our trip to Paris! We visited The Orsay Museum and Sacre Coeur Basilica, took a boat trip on the Seine to see the Eiffel Tower, sampled French food and of course went to Disneyland! The 47 pupils from Years 8&9 were excellent role models for the school and we were very grateful to all the staff who accompanied the trip. Look out for future trips to Normandy and Madrid.

PE News



Cross Country Club:

St Bernard's Cross Country Club has been popular this term with over 70 students having attended across the term. The girls have been attending before school on Wednesdays and after school on Fridays to build up their fitness. We look forward to seeing the girls continue their training and using this fitness to represent the school in the Borough Cross Country Championships in November.



Our cross-country teams competed in the annual Thorpe Hall Relay in glorious sunshine. Each team consisted of 4 runners that each ran 1.2 kilometres in a relay-style format. A and B teams entered in Year 7, 8 and 10 and an A team in Year 9.

Our year 7's started us off with an excellent race which saw the A team come 4th out of 16 teams and our B team 10th. The pick of the runs came from Abigail Gauchi who ran an outstanding 3rd leg for the A team. Our year 8s continued the strong start with our A team battling hard to take 4th out of 15 teams and the B team a respectable 11th. The pick of the runners again came on the third leg from Darcey Joslin who overtook several runners on the course.

Our year 9s gave it their all and finished a respectable 9th out of 11. Lilly Ngyun was the pick of the runners with a gutsy effort. Our year 10 girls finished the day off with two excellent team efforts. Our A team finished 4th out of 8 and our B team 6th. Florence Wallace ran a strong opening leg for the A's, whilst Eva Williams produced a strong final leg for the B team.

Football:

The U13 football team has started their season and was drawn against a strong Fitzwymarc team in the Essex Cup. The girls battled hard but Fitzwymarc proved too strong winning the game 4-1. Our goal came from Chloe Connolly. The girls begin their league after half term.

Additionally, the U16 Football team had a great start to the football season with a 4-1 home win in the Essex Cup against Shoebury. In the next round, we are away in Basildon against Woodlands School. A fantastic start with some very good football on show, we look forward to the next round.

Netball:

It was great to see so many girls wanting to try out for the school netball teams this year. Our Year 7, 8 & 9, and U16 teams are working hard to build on their netball skills and develop tactical strategies to enhance their gameplay.

Year 7 and 8 teams started the season with matches against Shoeburyness High School. The year 9 team began with a win against Southend High School for Girls and our U16 team was leading 6-5 going into the third quarter against Belfair's. The girls fought hard to keep their lead however Belfairs pushed back hard and took the win.

Badminton:

Our KS3 and KS4 badminton teams competed in a local School Games badminton tournament hosted by St. Bernards.

All of our players produced some fantastic badminton against strong opposition from Southend and Westcliff Girls in both singles and doubles games. Our KS3 B and KS4 B teams finished in 5th place, whilst our KS4 A team finished 3rd and our KS3 A team a fantastic 2nd. With the top two teams advancing to the next round, our KS3 A team should now progress to the next round of the School Games.



New Culture Committee

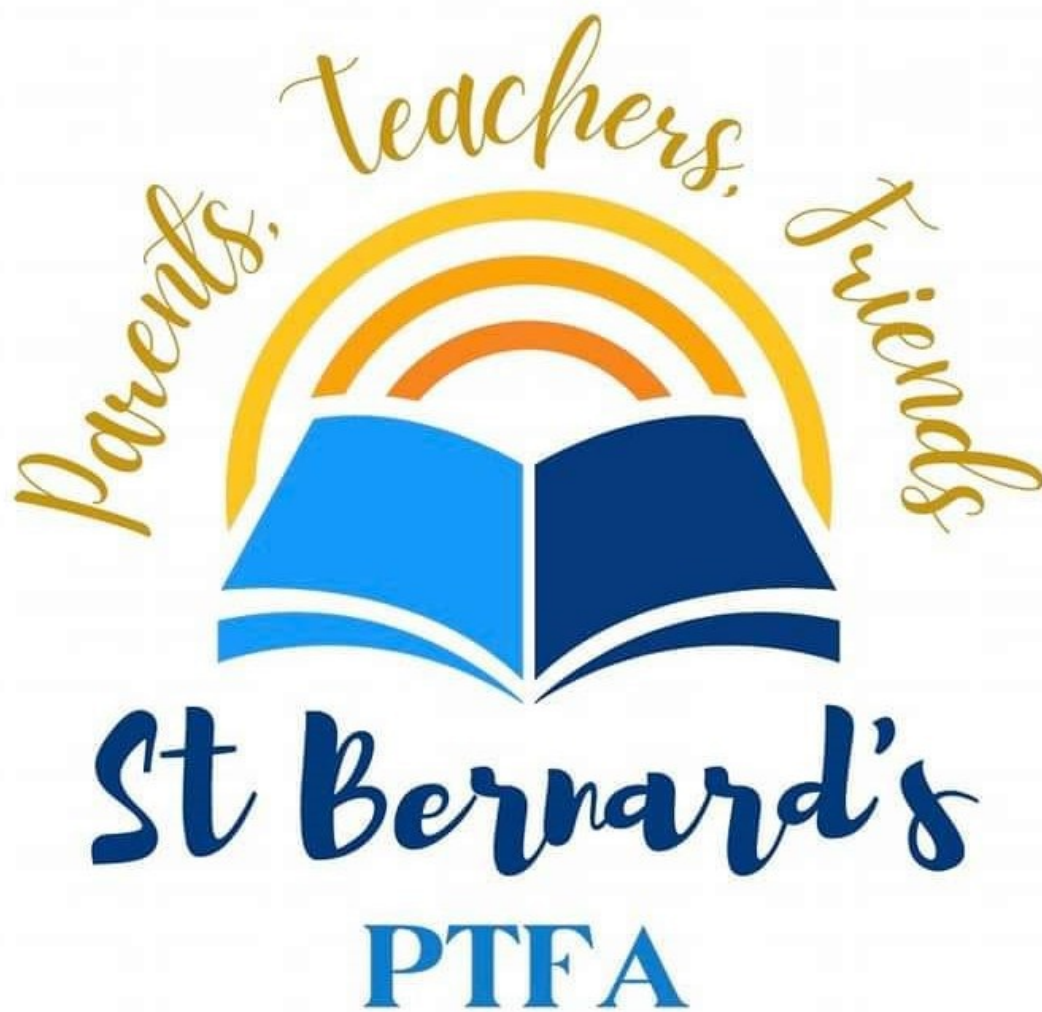


We are thrilled to announce the start of an exciting new chapter with our Culture Committee for the 2024-2025 academic year.

With a fresh team on board, we are eager to begin planning and organizing a fantastic Culture Week in the summer. We have already started brainstorming and have some amazing ideas in the works.

The committee is hard at work, diving into the details to ensure this year's event will be one to remember! Stay tuned for more updates as our plans unfold, and get ready for an incredible celebration of creativity and diversity!

PTFA



Dear parents, carers, and friends,

We are holding our PTFA Annual General Meeting on Monday 11th November from 7 pm in the Sixth Form Common Room.

You are all very welcome to attend and refreshments will be provided. This is an important meeting where committee members will be resigning their positions and new members elected. The PTFA has been running with just four parents as volunteers and we really could use some extra help to continue our work to enhance the education and experience of all the students at the school.

Over the last two years, we have provided new library books, sports equipment, art equipment, technology equipment, air-conditioning, outdoor shelters, outdoor seating, laptops and many more items. We need the support of parents to continue to do so. Please come along if you can and see what we are about, there is no obligation to sign up for anything. There will be pre-loved uniforms available to purchase on the night too.

The PTFA are also always looking for donations of good condition, clean, pre-loved uniforms to re-sell. If you have any donations, please drop them into the office and a committee member will collect them.

We hope to see you on November 11th to elect your new committee. If you have any questions, or to advise of your attendance, please contact us at stbernardspta@gmail.com

Important Reminders



- 5th of Nov / 22nd of November - Mock exams
- 28th of November - Sixth Form Open Evening
- 12th of December - Year 12 & 13 Consultation Evening
- 13th of December - Year 12 Taster Day
- 18th of December - Christmas Dinner
- 19th of December - Advent Service
- 19th of December - Last day of term - Early school finish



JOB VACANCIES

JOIN OUR VIBRANT COMMUNITY!

Job Vacancies

We are looking for Exam Invigilators and Bank Supply Teachers to join our St. Bernard's community.

If you're interested in overseeing exams or covering occasional teaching (KS3/4 and A-level), we'd love to hear from you! Full training is provided for invigilators.

Visit our Vacancies page to learn more!

[Apply Here](#)

Fun Activities



ST VINCENT'S CENTRE
INVITES YOU TO

Afternoon Tea

AT

THE ROSLIN BEACH HOTEL

MONDAY 2ND DECEMBER 2024

12:30PM

£35.00 PER PERSON

(ADVISE DIETARY REQUIREMENTS WHEN BOOKING)

To Book Contact Phone: 07549128877

Email: nesperm@svp.org.uk

PRAYER

Gracious God, in you we find all beginnings and endings.

Help us to show kindness and understanding through open hearts
Help us to continue to flourish and grow in Your love and support
those in need of Your friendship.

Prompt our learning today using our talents and gifts so that we
may serve You more faithfully. Prompt our actions with Your grace
and complete them with Your help So that we may truly love one
another as You have loved us.



St Bernard Pray for Us

Amen

STAY SOCIAL! FOLLOW US ONLINE

Instagram

Twitter

Facebook

LinkedIn

Contact Us

Email: office@stbernards.southend.sch.uk

Website: stbernardswestcliff.org.uk

Location: Milton Road, Westcliff-on-Sea, Essex, SS0 7JS UK

Phone: 01702 343583



S

St Bernard's High School

