

BC14

Lord, help me to remember
that nothing is going to happen
to me today that You and
I together can't handle.
Amen.

Message from Mr Hetherton, Senior Vice Principal

Friday 8th May 2020

May is recognised in the Catholic Church as being the month of Mary – a month where we honour the Blessed Virgin and pray to her to intercede on our behalf. This month the world remains united in prayer – prayers for our families and our friends, for our key workers, doctors, nurses, scientists and governments. Prayers that we hope will continue to keep communities together working towards a common cause – an end to the threat posed by COVID 19 and a return to a life we once knew.

Bishop Challoner Catholic College remains open and continues to serve our community during this difficult time. Over 900 visors and multiple sets of scrubs and headbands have now been made at the school since the end of March which is proving to be an enormous help to our fabulous NHS workers across the city and beyond! The photograph below is taken from a hospital in Liverpool who are benefitting from the excellent work at our school. Great credit must go to three members of our staff, Mr Crawford, Mrs Dane and Mr Pegg, for their tireless efforts – a wonderful example of community!



I came across a poem in one of the papers last week which made me stop and think. The poem was written in 1869 by Kathleen O'Meara after a plague in Ireland in the late 1860s. Her powerful verse is as relevant today as it was over 150 years ago:

*And people stayed at home, and read books and listened,
And rested and exercised and made art, and played
And learned new ways of being, and were still and listened more deeply
Someone meditated, someone prayed, someone danced, someone met their own shadow
And people started thinking differently..... and the earth began to heal
And when the danger ended, and people found themselves,
They grieved for the dead, and they made new choices,
And dreamed of new visions, and created new ways to live
And the earth began to heal just as they had been healed*

In one of life's stranger ironies, I recently discovered that the Patron Saint of Epidemics is Saint Corona. Saint Corona was a young woman, pictured below, from Syria who was martyred for her beliefs at the age of 15 by the Romans.



Her relics are not far from the epicentre of the present pandemic and her feast day is on 14th May. During the month of May, in addition to praying to Mary, perhaps we could also pray to Saint Corona.

Online Instrumental lessons

This term, students have been offered online, individual instrumental lessons (excluding piano and drum kit) with their tutors. These lessons are between 20 and 30 minutes long and are conducted via Microsoft Teams. 30 students have had lessons this week, with students coming to pick up steel pans to take home! If your child has instrumental lessons in school and would like to take this opportunity, please email Mrs Choudhury, who will be able to organise this for you.

We Will Rock You trip to Birmingham Hippodrome Due to COVID-19, this trip was cancelled as the Hippodrome is currently closed. The performances have been rescheduled for 17th - 29th May 2021 and our tickets will be transferred to one of the performances then. We expect more details regarding this in due course and will communicate these with you as soon as we can.

Free School Meals

Pupils eligible for Free School Meals are being sent weekly 'ecodes' from the National Free School Meal Voucher Scheme. If you have any questions, please refer to these useful FAQs: www.edenred.co.uk/Documents/DfE/DfE_FreeSchoolMeals_ParentCarerFAQs.pdf

If your son/daughter is eligible for Free School Meals and you have not been receiving these 'ecodes', please contact Mrs Reynolds: r.reynolds@bishopchalloner.bham.sch.uk

Closure Contact

A team of staff have been making contact with students, parents/carers in the last few weeks, it has been lovely to be able to connect with students and families. Our aim is for all students to have received at least 2 calls before half term. Calls will no longer be made for Year 11 and 13 students from w/ Monday 1st June, others will continue until school re-opens.

If you have recently changed any of your contact details please inform school immediately so that we can update our system.



It is almost redundant to say that we are now all spending a lot more time online than we were previously. Whether this is for work or entertainment, ironically our exposure to people has the potential to be greater than before due to the online interactions. Therefore, we are taking this opportunity to remind parents, carers and students of some of the online lessons we deliver as part of the curriculum. The focus of this online communication.

- Who are you talking to online?
- How can you be sure they are who they say they are?
- Do you know them/their organisation in real life?

The previous 3 questions are likely very easy to establish an answer for in the real world. However, this same process can become tricky online where people often present as a username and nothing more. If you cannot answer all 3 questions, then that person should be treated as suspicious until found otherwise.

As a parent/carers, we advise you to have this conversation with your children, and to consistently remind them of the dangers of sharing personal information online.



As a school we have made a decision to introduce Class Charts, a new web based school management system for staff, students and parents/carers. The launch date for Class Charts was initially set for September 2020 but we have made a decision to bring this forward for Year 10 and Year 12 students and families.

Students and parents/carers can take advantage of the excellent Homework feature of the system. Staff can set homework, parent/carers and students can view the homework via the Class Charts app or website and complete, return and receive feedback from staff all using the system. All work for Year 10 and Year 12 will be issued by Class Charts from Monday 11th May 2020.

There are many other features that we will be utilising in the future and Class Charts will further aid communication between school and home.

Teaching School Update

Teaching School is continuing to support our teachers across the Midlands by putting some of our current programmes online. This is working well and we are looking to see how we can develop our CPD and Leadership courses going forward. We are still recruiting for our Internship programme - an opportunity for University students to see if teaching Maths or Physics may be for them in the future. Email us for details or apply on our website. We are also holding online interviews for teacher training to start in September 2020 - so UCAS is still open with our Bishop Challoner TSA code as 1K2. Places for Primary and many subjects Secondary are still available, so email us if you have any questions - teachingschool@bishopchalloner.bham.sch.uk

Sixth Form

New accommodation

While you are keeping safe at home, work has been going on at school on the new Sixth Form accommodation for September 2020. With the Teaching School moving, we are able to move all of our Sixth Form offices onto the ground floor, adjacent to the Common Room, and expand our private study facilities, to include access for students to a bank of netbooks for private study on site. This is an exciting development, which will greatly enhance the working environment for Sixth Form students.

Learning from home

Thank you and well done to all the students who are regularly sending in work to their teachers. Please remember that if you are struggling in any way, whether with the content or with accessing work and sending it in, if you let us know, we will do all that we can to support you.

Keeping well

A reminder that there is a lot of helpful advice for managing anxiety and accessing support from specialists in this field, in the Safeguarding and Wellbeing section of the school website.

Useful Resources from the University of Plymouth

The University of Plymouth has produce a useful online student life magazine, which will be of interest to Year 12 and 13. https://www.plymouth.ac.uk/uploads/production/document/path/16/16689/Student_Life_Magazine_stay_home_stay_safe.pdf

They are also offering online presentations, starting Monday 11th May, on a variety of topics, ranging from personal statements, choosing a course, student finance and budgeting. The link below will take you to a registration form; use the drop down tab to select the presentations you are interested in. <https://app.geckoform.com/public/#/modern/21FO00iuq8f90x007dx9h4afls>

Sports Updates

"We know that during these troubled times that PE Education and Classes are not the same. We want to make sure that all children have the opportunity to maintain their PE classes from home, continuing their health and fitness, whilst also improving their mental health and wellness."

During this difficult period, we would like to give you as many ideas as possible for staying active at home. Firstly, if you are interested in taking part in a personal fitness session, have a go at a Joe Wicks workout! If you type Joe Wicks into YouTube, there are range of brilliant and energetic workouts that are easily doable at home. If you haven't done a workout like any of these before, please have a go because you can work to your own personal ability.



If there are days where you feel like trying out a different type of workout, you could always give yoga a go. Yoga is a fantastic way to stay active whilst also being extremely beneficial if you have been sat working at a computer or hunched over at a desk all day.

Why not also make your activities a little bit more competitive? There are a range of exercises and activities you could do and you could even create a competition between you and your friends. Some ideas may include: how long you can hold the plank or a wall sit for and how many sit-ups or press-ups can you complete in 2 minutes. A way to make these challenges fun, competitive and engaging would be to create a leaderboard and record your scores from each challenge in the leaderboard to see if you can beat your own personal score or a friend's score. There are a wide range of exercise ideas published on the school website, so please go on and have a look for some new and exciting ways of staying fit and active.

The 'fitness alphabet' exercise game is a fun way to experience new exercises and will provide structure to your fitness routine. You can complete the exercise on the letters in your first name. Once you have mastered this, you could try timing yourself completing these exercises and see how fast you can do it!



Based on exercise ideas and challenges displayed on the school website and in this newsletter, how about creating your own fitness routine? Try and be as creative and imaginative as possible and come up with a range of activities and exercises that would work your leg, arm and core muscles.

As the weather is getting warmer, everyone should be making the most of being able to go outside and exercise once a day. There are various free 'apps' that you could download on your phone in order to complete a fitness workout or other forms of physical activity. A free app you could try downloading is 'Strava'. Strava allows you to track the amount of steps you have completed in a period of time and if you enjoy walking, running or cycling outdoors, then you can record any of these activities on the strava app. The app will tell you the distance you have covered and how long your activity has taken. Why not have a go at walking, jogging or cycling a particular distance or route and then a few days later, complete the same route again to determine whether you can complete this activity at a faster pace. Challenging yourself to various activities is a fantastic way to keep fit and active.

You do not have to challenge yourself against other people, but take this opportunity to set your own personal targets. Try and set yourself one physically active challenge a day. This could be anything from 'a short walk' to 'I am going to hold the plank for at least a minute'. Having a small fitness challenge a day gives you a goal / target to aim for and it is a brilliant way to remain motivated during these difficult times.

Pause. Forward Thinking Birmingham

Need someone to talk to?
Struggling to cope with feelings?
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed. Drop us an email on askbeam@childrenssociety.org.uk in the first instance.

Or call **0207 841 4470** and we will arrange for one of our friendly staff to call you back but email is much quicker.

Who can use us?
You can use us if you have a Birmingham GP and are:

- Under 25 years old (if you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

How can we help?
We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

Our Opening Hours:
Email or Call Us - 10am - 6pm, 7 days a week

How to report a Technical or IT issue related to school equipment and accounts e.g. email or netbook issues

The school has recently setup an online portal that allows you to report any IT or technical concerns you have with school equipment or accounts. The following link will take you to a page with the following form to be completed.

<http://bc-netbooks.bcweb.org.uk>

Email

Please include your email address. The IT team will use this email address to make further communication with you about the issue you are having.

Summary

Please provide a quick overview of the issue. For example, if the problem relates to accessing a school email account because of password not known, "school email account - password problem" would be perfect. If the issue was related to a netbook device, the term "Netbook" followed by the main issue would be perfect. For example, "Netbook - screen not showing yet power is on".

Description

It is here that we ask you provide as much detail about the issue as you possible can. If the issue relates to a student's email account, please be sure to include the students name, year group and if known, their school username. If it relates to a technical problem with a netbook device, please be as specific and descriptive as possible about the issue. If there are any error codes or technical terms used to describe the fault, please also include these.

Attach File

This allows you to attach a file to the support request. For example, this could be a screenshot of the issue that you are facing. If it is a physical fault with a device, it could be a photo taken on a separate device. Multiple attachments are allowed if required.

NOTE: If you have more than one issue, please use separate requests to report them.

COVID-19 General Government Advice

The advice below has been taken directly from the Government Website

- Stay at home
- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family.
- You can spread the virus even if you don't have symptoms.

Careers

Date for you diary

Wednesday 20th May is the first National Skills day, so look out for what staff have been up to during lock down which has developed their skill set!

Looking for some inspiration?

Check out the vast number of inspirational talks from a range of successful people on the Speakers for Schools website:

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>

They will tell you about their journey into the career they are known for, which may help you with your career decisions. Check out the calendar of talks coming up or have a look at the library of talks that have already taken place!



The Sports Centre is currently closed but here are two great opportunities for the future.

Kings Heath Warriors

Kings Heath Warriors proudly announces U6s & U7s training taking place every Wednesday @ Bishop Challoner Sports Centre

Starting: Every Wednesday
Venue: Bishop Challoner Sports Centre
Time: 5.30pm - 6.30pm



1st session free, After that £3

Turn up
 Join in
 Have Fun




Bishop Challoner Catholic College | Institute Road | Kings Heath | Birmingham B14 7EG



Follow us on Twitter

Official School Twitter:	@BishopChalloner	Library:	@Mrs F Library
Biology:	@BCCbio	Maths Hub:	@CentralMathsHub
Chaplaincy:	@BC_Chaplaincy	Maths:	@BCMathsDept
Computing Hub:	@BCCComputingHub	PE:	@BCPEDepartment
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