



## Fred's Prayer for the Week

O God our Father, when things seem at their worst,  
and there appears to be no way out of difficulty,  
teach us then to trust in you;  
through Jesus Christ our Lord. Amen

God bless - Fred (Chaplain)

### MENU FOR WEEK COMMENCING MONDAY 15TH SEPTEMBER

BREAKFAST: 7.45am to 8.15am

#### LUNCH

##### MONDAY

Chicken Chasseur with Parmentier  
Potatoes  
Tuna & Sweetcorn Bake

##### TUESDAY

Chicken Chow Mein  
(Beansprouts, Celery, Mushrooms  
& Soy Sauce)  
Thai Fish Curry

##### WEDNESDAY

Jerk Chicken, Rice & Peas & Salad  
Spaghetti Milanaise  
(Tomato, Ham & Mushroom)

##### THURSDAY

French Lamb Stew  
Cheesy Leek with Cous Cous & Salad

##### FRIDAY

Fish & Chips

Hot Snacks, Filled Rolls & Baguettes Daily



## Message from the Headteacher

**"Living the Christian life means giving witness with joy, just as Jesus did."**

Pope Francis El Jesuita 2010

On Saturday 4th October, we have our annual Open Day. This has become a wonderful opportunity to celebrate all of our achievements and to "Witness with joy" what it is to be a Catholic community. The majority of our students will, as usual, give up their own time to support their school on that day.

Did you know we have a Breakfast Club? The Canteen is open from 7:45 to 8:15 and our fantastic catering staff provide a nutritious and tasty start to the day.

Can I politely remind everyone that students should only be on site after 2:30 if they are involved in supervised activities.

There are activities organised by staff every day of the week.

Homework ~ as a parent I know myself that supporting our sons with their homework is not always easy or joyful! To help we have the SIMS Learning Gateway system that allows you to login and see what homework has been set. A letter was emailed to parents this week and is reproduced here with information on who to email if you have misplaced your log in details.

Two weeks into term and only 104 days until Christmas!

Mr N Fisher



*Visit our website just  
scan our QR code here!*



## Key Stage 3 National Curriculum – Mathematics

You may have read in the news recently that a new National Curriculum for Key Stage 3 became statutory on September 1st 2014.

### What does this mean in mathematics?

Mathematics itself cannot change. Mathematics remains universal, with unchanging actions, theorems and rules.  $1+1$  will always equal 2. The angles in a triangle will always equal  $180^\circ$ . Even if the word 'triangle' is used to describe a different shape in the future, and the digits 1, 8 and 0 come

to represent different values, the shape that we currently know to be a triangle will always have the angle sum of the value that we currently know to be  $180^\circ$ .

What can change, however, is the content of the mathematics curriculum taught to pupils. This is a decision made by the government in England, and is known as the National Curriculum. Topics may be added, and topics may be removed. The emphasis of particular areas of mathematics, or the style in which mathematics is learned is also considered in the new curriculum.

Over the coming weeks, we will explain any notable changes in the curriculum, so parents of pupils at Key Stage 3 will be informed and ready to support the boys alongside the mathematics department.

## Are your boys too old for their toys?

The mathematics department would be very appreciative of any Toy / model cars (for the study of ratio and scale) Geomag (for the study of 3D shapes and their properties).

If you have a look around at home and find either of these items (even just one toy car or one piece of Geomag), please could your son hand it in to the school office or direct to Mrs Turner.

**Thank you**



**Head Teacher**

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**Deputy Head Teachers**

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*A Christian community where everyone has the right to be happy, be safe and achieve..*

September 2014

Dear Parents and Carers

I am writing to inform you that we will be using the SIMS Learning Gateway (SLG) again this year. SIMS is the Management Information software used by many schools and the SLG is a very useful tool that allows us to share information more readily with you as parents and carers of students at St Columba's Catholic Boys' School.

We will be increasing the amount of information that is given out via the SLG and you are advised to regularly check for new messages.

To access the SLG you will need a username and password. These were given to existing students last academic year and remain the same.

For new students starting with us this year, or for those who have forgotten the username or password, simply email [slg@st-columbas.bexley.sch.uk](mailto:slg@st-columbas.bexley.sch.uk) with your son's name and form class and a username and password will be emailed back to you.

A handwritten signature in black ink, appearing to read 'Nigel Fisher', is written over a light blue diagonal line.



# PE Extra-Curricular Programme 2014-15

## Autumn / Spring Term

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>YEAR 7</b>		Basketball team training <b>HMN</b>	Interhouse competitions (Rotation) <b>HMN</b> Rowing Club <b>DHK</b>		Fitness/Rowing Club <b>REE</b>  Badminton <b>RDY</b>
<b>YEAR 8</b>		Basketball team training <b>HMN</b>	Interhouse competitions (Rotation) <b>HMN</b> Football team training <b>AJN/DSN</b> Rowing Club <b>DHK</b>		Fitness/Rowing Club <b>REE</b>  Badminton <b>RDY</b>
<b>YEAR 9</b>			Interhouse competitions (Rotation) <b>HMN</b> Football team training <b>AJN/DSN</b> Rowing Club <b>DHK</b>	Basketball team training <b>HMN</b>	Fitness/Rowing Club <b>REE</b>  Badminton <b>RDY</b>
<b>YEAR 10</b>	Basketball team training		Interhouse competitions (Rotation) <b>HMN</b> Rowing Club <b>DHK</b>	Basketball team training <b>HMN</b>	Fitness/Rowing Club <b>REE</b>  Badminton <b>RDY</b>
<b>YEAR 11</b>	Basketball team training  GCSE Revision session <b>RDY</b>		Rowing Club <b>DHK</b>	Basketball team training <b>HMN</b>	Fitness/Rowing Club <b>REE</b>  Badminton <b>RDY</b>



**Encountering Christ**  
*Prayerfully preparing for the  
Sunday Mass and praying in  
particular for our school families*



Preparing for the Mass of Sunday 14<sup>th</sup> September 2014 - The Exaltation of the Holy Cross

## 1 Relax & Remember

Set aside 10 -15 minutes and create a suitable environment by removing any distractions. Make sure that you are comfortable. Perhaps light a candle. Make the sign of the cross † and remain still for a minute of settling silence. **Call to mind the love that God has for you. Remember that through this scripture our Lord is truly present.** Then read the Gospel, preferably aloud and slowly, and pay attention to any words that stand out. If any do, meditate on them for a few minutes and be invited into a dialogue with God.



## 2 Read

Taken from the Gospel for Sunday 14<sup>th</sup> September 2014 - The Son of Man must be Lifted Up (John 3:13-17)

Jesus said to Nicodemus: 'No one has gone up to heaven except the one who came down from heaven, the Son of Man who is in heaven; and the Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.'

## 3 Reflect

After spending a few minutes considering this Gospel, continue by reading Fr Henry Wansbrough's reflection.

In this gospel-reading we are listening-in to a conversation between Jesus and Nicodemus, a Pharisee who came to Jesus by night (presumably because he did not want his colleagues to know. Do you mind your colleagues knowing that you are a Christian?). Jesus is talking about an incident during the Exodus journey described in our first reading today, when the Israelites were struck by a plague of snakes. Moses hoisted a bronze snake on a pole as a recovery-totem. It sounds superstitious, but presumably to depend on this "totem" was an expression of trust in God. Jesus now says that this snake is to be seen as a promise of the salvation to be won by trusting in his Cross. The Cross remains our sign of victory. To wear it and welcome it is, in our increasingly material world, a statement of where our heart and our confidence lies. However, the Cross is not complete in itself. Some people find it 'morbid' or 'morose', but to Christians it contains also the victory and reassurance of the Resurrection. The Cross makes sense not by the crumpled figure on the wood, but by God's acceptance of that obedience. The triumph of the resurrection is too glorious to be represented by anything visible.

*What place do representations of Christ raised on the cross have in your own life and home?*

Dom Henry Wansbrough OSB

## 4 Respond & Request

Now slowly and prayerfully read the Gospel once again but this time in silence. Consider how this Gospel could apply to your life in general. Then thank God for any insight you may have received. Conclude by asking God to bless you with one of the following spiritual gifts to help you act on any resolution you have made: love, understanding, wisdom, faithfulness, peace, self control, patience, or joy. Please remember to pray for the Church and particularly our school families. **Then conclude by requesting the prayers of Our Lady & St Joseph.**



**The Wednesday Word is under the patronage of St Joseph, Patron Saint of Families and Protector of the Church  
Within the tradition of the Catholic Church, each Wednesday is dedicated to St Joseph**

# WEDNESDAY WORD PLUS †

Fr Henry's reflections on the first and second readings of Sunday 14<sup>th</sup> September 2014



## First Reading: A Sign of Healing

### Numbers 21:4-9

On the way through the wilderness, the Israelites lost patience. They spoke against God and against Moses, 'Why did you bring us out of Egypt to die in this wilderness? For there is neither bread nor water here; we are sick of this unsatisfying food.' At this God sent fiery serpents among the people; their bite brought death to many in Israel. The people came and said to Moses, 'We have sinned by speaking against the Lord and against you. Intercede for us with the Lord to save us from these serpents.' Moses interceded for the people, and the Lord answered him, 'Make a fiery serpent and put it on a standard. If anyone is bitten and looks at it, he shall live.' So Moses fashioned a bronze serpent which he put on a standard, and if anyone was bitten by a serpent, he looked at the bronze serpent and lived.

*This story about a bronze snake may well explain a bronze snake which was long kept in the Temple at Jerusalem as a reminder of God's healing power, which lasts from age to age. Eventually, in a purge of dubious objects of veneration, the reforming king Hezekiah decided that the snake was idolatrous, and destroyed it. One still sometimes sees a snake curled round a stake as a medical sign, a promise of healing. The Church sees that healing sign as a preparation for the great healing sign of the Cross. During Lent and Passiontide we remember the Cross chiefly for the suffering of Christ. Now, months later, we can celebrate the triumph of its healing power and the triumph of Christ's victory. Today's Feast originates in the victory of the Christian emperor Heraclius, when he won back from the pagan Persians a great relic of the Cross which they had taken from Jerusalem. The crucifixes which hang in our homes must be seen as symbols not only of Christ's suffering, but above all of his triumph over death.*

*How should Jesus be represented on the Cross, in triumph or in suffering?*

## Second Reading: God Raised him High

### Philippians 2:6-11

The state of Jesus Christ was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are; and being as all men are, he was humbler yet, even to accepting death, death on a cross. But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father.

“ Christ receives the divine name, the Lord, which belongs to God alone. ”

*This lovely reading seems to be a very early Christian hymn which Paul had heard and incorporated into his letter. It contrasts the first Adam with the second Adam, Jesus Christ. The first Adam, the representative of the whole human race, tried to be like God; he wanted to escape death but he was disobedient and was humiliated. The second Adam, the founder of the new humanity and first-fruits from the dead, was in the form of God, but did not capitalize on his divinity. In full obedience to the Father he accepted death, a humiliating death, and was raised up by the Father. The last lines give one of the fullest pictures of Christ's divinity in Paul's writings: Christ receives the divine name, the Lord, which belongs to God alone. To Christ every knee must bend, as it must bend only to God. And yet, this does not take away from God's glory, since – on the contrary – it is 'to the glory of God the Father'. Paul never actually calls Christ 'God', but here he shows Christ's divinity, by attributing to him the reverence and adoration which is due only to God.*

*Do you find this poem an attractive prayer for devotion? Why?*

The Wednesday Word: Connecting Home, School & Parish through the Word of God

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