

## Fred's Prayer for the Week

The Apostles' Creed:  
I believe in God the Father Almighty,  
Creator of heaven and earth;  
and in Jesus Christ, His only Son, our Lord;  
Who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate, was crucified,  
died and was buried. He descended into hell.  
On the third day he arose again from the dead;  
He ascended into heaven,  
and seated at the right hand of God, the Father almighty;

Amen

God bless - Fred (Chaplain)



## Message from the Headteacher

Over the past few weeks I have had the pleasure of showing hundreds of families around our school. These families are looking to see if our school is the right one for their sons to join in Year 7 next September. I have to share with you how proud I have been showing our guests the amazing facilities we have and, as Ofsted said, the outstanding students of St Columba's!

Parents and Carers know about our fantastic examination results and our wonderful Ofsted report; but what really impresses them is the culture of our community. They see for themselves how much we all care for each other and support everyone to achieve their personal best.

On Thursday, Year 11 had their own Taster Day at Christ the King: St Mary's Sixth Form College in Sidcup. The boys enjoyed a day getting a feel for college life and enjoyed lessons on Media, Psychology and Sociology. As we have come to expect, their behaviour was exemplary.

Although we don't have a Sixth Form here at the school, we treat Christ the King as an extension of our school as they share our values and also have excellent results!

As well as the school Twitter feed (@StColumbasCBS), the English, Maths and PE Departments also have their own accounts on @SCCBS\_English, @SCCBSMaths and @SCCBS\_PE respectively. Please do follow them if you are on Twitter to get a first-hand flavour of the activities within these departments. Also, the results page on the Sport section of the school website now has a match report added for many of the fixtures. Please do read them to see how your sons are playing for the school.

Next week is half-term so we will welcome students back at 8.30am on Monday 3rd November.

Mr N Fisher



Visit our website just scan our QR code here!



# Fairplay House

Last weekend we took thirty five Year 7 students to the Fair Play House Activity Centre at Witham in Essex. This was the fifteenth year Mr J Woodcock has taken a Year 7 St Columba's group to the venue. The boys were exceptional and had great fun at the centre. They took part in a number of different activities including being dropped 30ft in a giant swing, walking through woods in the dark using only a map and a torch, jumping off a 25ft totem pole to try and catch a trapeze and finally kayaking on a river fighting severe rapids.

The group's efforts, determination and bravery was fantastic and their behaviour was absolutely outstanding.

The group were so good that the Manager of Fair Play House contacted us after the trip to say that they had been the best group from St Columba's that had ever visited!!

A great weekend, with fond memories that will stay with me, the staff and the students.

A special thank you to the staff who came on the trip and also the admin staff for helping to organise this amazing weekend.

Mr R Eldridge  
Head of Year 7



## LUNCH MENU FOR WEEK COMMENCING MONDAY 3rd NOVEMBER

**BREAKFAST: 7.45am to 8.15am**

### LUNCH

#### MONDAY

Sausage & Mash • Cod Florentine with Spinach & Mushroom in White Sauce

#### TUESDAY

African Beef Stew with Jollof Rice  
Mixed Bean & Tomato Chilli with Rice and Salad

#### WEDNESDAY

Roast Chicken with Garlic Herb Potatoes  
Baked Leek & Potato Gratin

#### THURSDAY

Barbecue Pork & Bean Sprouts  
Vegetarian Stir Fry

#### FRIDAY

Fish & Chips

Hot Snacks, Filled Rolls & Baguettes Daily

ENGLISH DEPARTMENT

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# St Columba's Catholic Boys' School

Halcot Avenue, Bexleyheath, Kent, DA6 7QB

**Inspection dates** 23-24 September 2014

<b>Overall effectiveness</b>	Previous inspection:	Not previously inspected as an academy
	This inspection:	<b>Good</b> <b>2</b>
Leadership and management	Good	2
Behaviour and safety of pupils	Outstanding	1
Quality of teaching	Good	2
Achievement of pupils	Good	2

## Summary of key findings for parents and pupils

### This is a good school.

- Most boys make good progress from average starting points. They achieve examination results in Year 11 similar to those in other schools in most subjects. GCSE results in English, mathematics and science are above average and improving steadily.
- The headteacher, leaders and governors are passionate about raising aspirations across the school. They are determined that every boy is supported to reach his full potential. They are regularly seen around the school and build positive relationships with staff and students.
- Teaching across the school is good. Effective management of teachers' performance and focused professional development opportunities help teachers improve.
- Boys take great pride in their school. They behave exceptionally well and have very positive attitudes towards their learning. They are respectful and courteous towards visitors, staff and each other.
- Attendance is very high because boys enjoy being at school. They value the support they are given which helps them to achieve well. They expect a lot of themselves and work hard to reach their goals.
- Boys are kept extremely safe. Bullying incidents are uncommon. School leaders and governors ensure that safeguarding of students is of a high standard.

### It is not yet an outstanding school because:

- Most boys make good or better progress but there is still some variability across subjects, for example design and technology and modern foreign languages.
- Not all teachers provide high-quality marking and feedback to ensure that boys know how to improve and make better progress.
- Achievement targets, set by teachers and leaders, are not always based on accurate information. Targets are sometimes not challenging enough. This slows the pace of improvement.

# The Rosary



The modern day Rosary can trace its roots back to around 1241 when St Dominic experienced apparitions of The Blessed Mother Mary. Saint Dominic was especially devoted to what is now considered the predecessor of the modern rosary. This was simply a tallying mechanism to count the number of prayers recited which in early times was called paternoster, which translates roughly from Latin as 'Father' (pater) and 'Our' (noster). Often the person reciting a penance would recite 150 Our Fathers and use the paternoster to keep an accurate count.

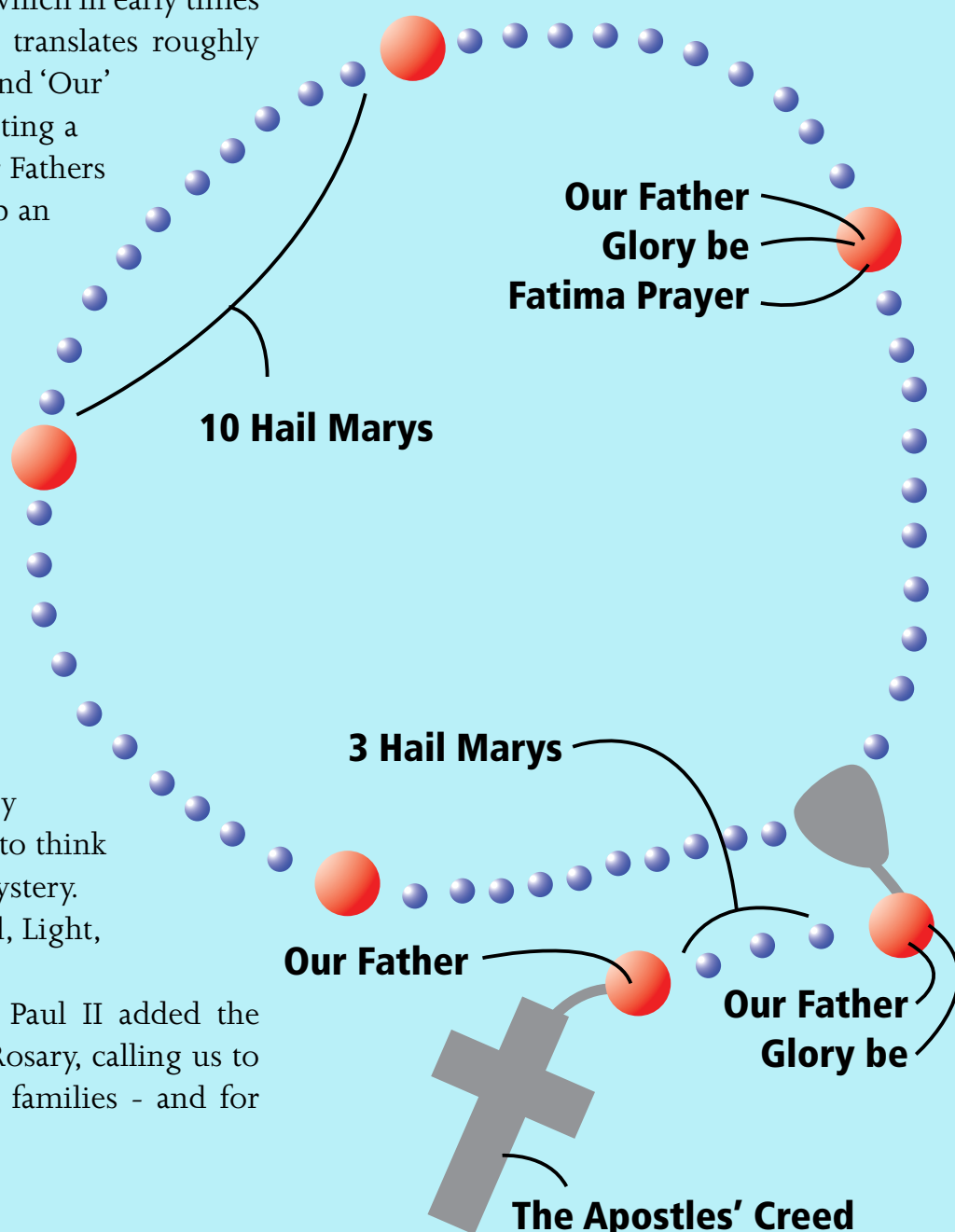
The Rosary is made up of "decades". A decade is one "Our Father" followed by ten "Hail Marys" and a "Glory Be".

Whilst it is usual to say five decades at a time, it is better to say one decade well, rather than five decades badly. As you say each decade think about a story in the life of Mary and Jesus. There are 20 stories to think about. Each story is called a Mystery. There are four Mysteries; Joyful, Light, Sorrowful and the Glorious.

In October 2002, Pope John Paul II added the Mystery of Light to the Holy Rosary, calling us to pray the rosary daily, for our families - and for world peace.

That is why here at school we are praying the rosary each day in October not only for each other but for our extended family.

God bless - Fred (Chaplain)



## Extra-Curricular Programme 2014-15

Activity	Dept	Audience	Day	Time	Staff	Location
Basketball Team Training	PE	Year 7	Tuesday		HMN	
	PE	Year 8	Tuesday		HMN	
	PE	Year 9	Thursday		HMN	
	PE	Year 10	Monday Thursday		HMN	
	PE	Year 11	Monday Thursday		HMN	
GCSE Revision Sessions	PE	Year 11	Monday		RDY	
Rugby Training	PE	Years 9,10,11	Tuesday		FUY	
	PE	Years 7,8	Thursday		FUY	
Interhouse Competitions (Rotation)	PE	Years 7,8,9,10	Wednesday		HMN	
Football Team Training	PE	Years 8,9	Wednesday		AJN DSN	
Rowing Club	PE	All Years	Wednesday		DHK	
Fitness / Rowing Club	PE	All Years	Friday		REE	
Badminton	PE	All Years	Friday		RDY	
Art Club	Art	Years 7,8,9	Wednesday		CMN DAR	
	Art	Years 10,11	Thursday		DAR	

## Extra-Curricular Programme 2014-15

Activity	Dept	Audience	Day	Time	Staff	Location
KS3 Club	Design Technology	Year 7 Year 8 Year 9	Wednesday	2.30-3.30	Yr11 Mentors NCS lead	DT2
KS4 Sessions	Design Technology	Year 10 Year 11	Wednesday	2.30-4.00	LBY NCS CBE	All Workshops

Please note: Workshops will be open Tuesday and Thursdays for Year 11 pupils on request by invitation

Guitar Club	Music	All abilities welcome	Tuesday	2.30-3.30	ADR	MU1 MU2
GCSE ensembles	Music	Year 10 / 11 timetabled	Tuesday	2.30-3.30	DSY AAD	MU2 Practice Rooms
Urban Music Workshops	Music	First come, first served	Wednesday	2.30-3.30	AAD ArtsTrain	MU1
GCSE ensembles	Music	Year 10 / 11 timetabled	Thursday	2.30-3.30	DSY AAD	MU2 Practice Rooms
Music Boosters	Music	Targeted groups	Selected dates: Monday or Thursday	2.30-3.30	AAD	MU1
Singing and Keyboard	Music	All abilities welcome	Thursday	2.30-3.30	Ollie Jerreat	MU1

Drama Club	Drama	All students	Wednesday	2.45-3.45	GDE	Theatre
	Drama	All students	Tuesday	2.30	GDE	ENS
Additional Rehearsal	Drama	All students	Wednesday	2.45-3.45	GDE	Theatre

ECDL Provision	Computing	Year 11	Wednesday	2.30-4.00	LWS	IT 1
Computing Club	Computing	Years 7,8,9	Thursday	2.30-4.00	LWS	IT 1

## Extra-Curricular Programme 2014-15

Activity	Dept	Audience	Day	Time	Staff	Location
School Report Journalist Club	English	Years 7,8	Thursday	2.30-3.30	LGN	EN7
Debating Society	English	Years 9,10,11	Tuesday	2.30-3.30	NFN	EN4
GCSE English Targeted intervention	English	Year 11	Wednesday	2.30-3.30	ACN CKY LGN NFN	EN7
<b>Home Learning Support</b> (A maths specialist is available every day to support you with your home learning)	Maths	All years	Monday	2.30-3.00	Please refer to the maths department noticeboard for daily locations	
	Maths	All years	Tuesday	2.30-3.00		
	Maths	All years	Wednesday	2.30-3.00		
	Maths	All years	Thursday	2.30-3.00		
	Maths	All years	Friday	2.30-3.00		
Year 11 Targeted Learning	Maths	Specific Year 11 students (by invitation only)	Tuesday	2.30-3.30	All Staff	Maths Dept Please refer to the maths noticeboard for daily locations
<b>Rubik's Club</b> (Learn to solve a Rubik's cube plus other Rubik's equipment)	Maths	Years 7,8	Friday	2.30-3.30	Mrs Turner	MA1
<b>Maths Club</b> (Enriching maths activities)	Maths	Year 7	Wednesday	2.30-3.30	Mrs Turner	MA1
RE Homework Club	RE	Years 7,8,9	Tuesday	2.30-3.15	SSE, JFE, DSY	RE 1
Film Club	RE	Years 7,8,9,10	Thursday	2.30-4.30	SSE	IT 1
Targeted GCSE boosters (6wk revolving programme)	RE	Years 10,11	Thursday	2.30-3.15	JFE SSE	IT 1

**Head Teacher**  
N.Fisher MA, BA(Hons), PGCE, NPQH

**Deputy Head Teachers**  
Dr.L.Fripps EdD, MA, B.Ed(Hons), NPQH  
B.Woodcock B.Sc.(Hons), PGCE

**School Business Manager**  
J.Hobbs



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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 horizontal line.







Preparing for the Mass of Sunday 26<sup>th</sup> October 2014 - The Thirtieth Sunday in Ordinary Time

## 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 26<sup>th</sup> October 2014 (Matthew 22:34-40): **The Greatest Commandment**

When the Pharisees heard that Jesus had silenced the Sadducees they got together and, to disconcert him, one of them put a question, 'Master, which is the greatest commandment of the Law?' Jesus said, 'You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: you must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.'



## 3 Reflect

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

*Familiarity with Jesus' answer to the question about the greatest commandment blunts our awareness of its startling directness. Many answers could be given, perhaps singling out any one of the ten commandments as the greatest, the most important basis of society. A frequent answer to the question was and is the Golden Rule which exists in many cultures: 'Do not do to another what you would not have done to you'. This is basically a selfish answer, protecting one's own interests. By contrast, Jesus' answer hits home, turning us away from self to God. 'Love' (not 'obey' or 'adore' or 'fear' or 'reverence') is the command. Love is not simply the warmth of companionship or of sex, but is the willing generosity of mother to helpless young child or daughter to helpless old parent, of wife to alcoholic husband or husband to paralysed wife, seeking no reward but the happiness of the receiver. Paul gives a useful check-list about love in chapter 13 of his first letter to the Corinthians. John's first letter provides a useful summary: 'No one who fails to love the brother or sister whom he can see, can love God whom he has not seen'.*

**How do we put into practice this commandment to love?**

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**

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# WEDNESDAY WORD PLUS †

Fr Henry's reflections on the first and second readings of Sunday 26<sup>th</sup> October 2014



## First Reading: *Commandments about the Vulnerable and the Poor*

### Exodus 22:20-26

The Lord said to Moses, 'Tell the sons of Israel this, "You must not molest the stranger or oppress him, for you lived as strangers in the land of Egypt. You must not be harsh with the widow, or with the orphan; if you are harsh with them, they will surely cry out to me, and be sure I shall hear their cry; my anger will flare and I shall kill you with the sword; your own wives will be widows, your own children orphans. If you lend money to any of my people, to any poor man among you, you must not play the usurer with him: you must not demand interest from him. If you take another's cloak as a pledge, you must give it back to him before sunset. It is all the covering he has; it is the cloak he wraps his body in; what else would he sleep in? If he cries to me, I will listen, for I am full of pity."

*These are the very primitive laws of the Old Testament, the heart of the first law-code laid down for Israel in the desert of the Exodus, before the Israelites even reached the Holy Land. 'Primitive'? Does our modern society equal them and the values they express? The principle is to help everyone who needs help, even foreigners, widows and orphans - just as God helped the Hebrews when they were slaves in Egypt. Men and women, made in the image of God, are God's representatives on earth, and must continue God's work of caring and healing. Anyone in need must not be humiliated, but must be given full human dignity, allowed to stand tall before his or her neighbours. The creditor may not enter the debtor's house to hassle him, the worker must be paid on time to get his dinner, the homeless must get back his cloak for the night, the vulnerable are not to be exploited. To summarize all this, Jesus will say, 'You must love your neighbour as yourself' - and here too he is quoting the Old Testament (Leviticus 19:18).*

*Who are the vulnerable in our society? How do we continue God's work of caring for them?*

## Second Reading: *Servants of the Living God*

### 1 Thessalonians 1:5-10

You observed the sort of life we lived when we were with you, which was for your instruction, and you were led to become imitators of us, and of the Lord; and it was with the joy of the Holy Spirit that you took to the gospel, in spite of the great opposition all round you. This has made you the great example to all believers in Macedonia and Achaia since it was from you that the word of the Lord started to spread - and not only throughout Macedonia and Achaia, for the news of your faith in God has spread everywhere. We do not need to tell other people about it: other people tell us how we started the work among you, how you broke with idolatry when you were converted to God and became servants of the real, living God; and how you are now waiting for Jesus, his Son, whom he raised from the dead, to come from heaven to save us from the retribution which is coming.

*After the consecration at every Mass we remind ourselves that Christ will come again, and the Thessalonians to whom Paul is writing were especially alert to this 'Second Coming' as they waited for Christ to come again from heaven. Paul had taught them that Christ has conquered death, that death is no more, and they mistakenly took this to mean that Christians would not physically die. Paul will answer this misunderstanding later in the letter. We don't know what this 'Second Coming' of Christ will be, but for Christians, history has a purpose and a direction. We do know that each of us will face Christ for our individual judgment when we die. We should not imagine that this will simply consist of Christ doling out suitable penalties to us; but as scripture says, 'No human being can see God and live'. Faced with the stunning purity of the glory of God we will be filled with longing and love, but will surely know too that we are not yet ready to enter into the pure and overwhelming love of God: only when the dross is purged away will we be prepared for entering into Christ's embrace.*

*What is the best way for us to prepare for the Coming of Christ?*

“Faced with the stunning purity of the glory of God...”

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

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