



W/c 4th March - National Careers Week

Friday 8th March - British Science Week

Thursday 14th March - 16:30-19:30 - Year 13 Virtual Parents Evening
(bookings open at 19:00 on Tuesday 5th March)

Thursday 14th (19:00), Friday 15th (19:00) & Saturday 16th March (13:00)
- School Production of The Addams Family (tickets available)

Tuesday 19th March - Year 12 ICAS Discovery at ExCel London (P3 only
students off timetable)

Wednesday 20th March -Year 13 University Challenge

Thursday 21st March - 18:00 Spring Music Concert

Friday 22nd March - 19:00 PA Quiz Night

Wednesday 27th March - 18:00 Spring Music Concert

Thursday 28th March - Year 11 Reports sent to Parents.

Last day of term - School ends at 1pm



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ARNOLD OBODAI

On Wednesday 28th March a gentleman named Arnold Obodai visited the school to talk to our Year 9 scholars. Arnold is a professional boxer assigned to the Queensbury organisation. He attended a comprehensive school in Woolwich and resided in Thamesmead.

Arnold had a very difficult and troubled upbringing. He retold his story: a story of poverty, gang cultures and peer pressure. He could have chosen the path of his peers and some members of his family and ended up in prison, but he chose boxing, despite being an extremely gifted Basketball player with the potential of playing in the NBA.

His drive and passion about having the belief in oneself to achieve was incredibly prominent throughout his talk. His 'direction' was mapped out and Arnold strove to and reached his target of being a successful professional boxer. He explained that at times he felt isolated as he had to distance himself from his peers and their socially adverse behaviours, but his determination proved successful.

This was the first time that Arnold had publicly spoken, and I know that every person in the room will remember his story and his drive to be 'different' by distancing himself from peer pressures.

I close this letter by quoting how Arnold replied to the question 'what saved him'? He answered 'himself'.

Arnold runs coaching sessions at his new gym in Bexley Village, he encourages all interested people to attend.



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ARNOLD OBODAI

**Bexley
Village**

Meadowview Rd, DA5 1HP



**ARNOLD OBODAI
TRAINING STUDIO**

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BOXING - HIIT - PERSONAL TRAINING

- Learn Boxing
- Learn Self Defence
- Lose weight/Burn Fat
- Muscle Gain/Tone
- Gain Confidence
- Release Stress/Tension
- Improve Fitness



Trained by

ARNOLD OBODAI

Coach and Professional Boxer
Signed to Frank Warren's Queensbury
Promotions & TNT Sports

1 TO 1 / GROUP

1 to 1 - £40 (1 Hour Session)
Group - £30^{PP} (1 Hour Session)

Adults/Juniors (11+ years)

KIDS (3 TO 10 YEARS)
BOXING

£20 (30 Minute Session)

Block Booking Packages Available

**Book a free
Consultation**



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YEAR 11 TRIAL EXAMS

Good luck to all our Year 11 students sitting their second round of trial exams this week. They are starting off the week with English Literature paper 2!



SIXTH FORM BUILDING UPDATE

Our new Sixth Form building update!



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EASTER AFTERNOON TEA

We would love to warmly invite you to our Easter Afternoon Tea for the retired and semi-retired members of our community, on Tuesday 19th March 2024 from 2-3:45pm. The afternoon tea will cost £3 per person.

Numbers are limited so please register your interest by email to admin@beths.bexley.sch.uk or 01322 556538 by Friday 15th March. We look forward to welcoming you into our school community.



You're warmly invited to...
Beths Grammar School's
*Easter
Afternoon Tea*
for the retired & semi-retired

Please kindly join us for a delightful afternoon filled with treats, music, raffles and wonderful company as we host a community afternoon tea.

Date: Tuesday 19th March 2024 - 2:00pm- 3:45pm
Location: Beths Grammar School, Hartford Road, DA5 1NE
Price: £3 per person.

Please register your interest by
email to Admin@beths.bexley.sch.uk or call 01322 556538
by Friday 15th 2024.



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FIXTURES AND RESULTS

Fixtures for week commencing 4th March.

| FOOTBALL | | | | | |
|----------|-------------------|--------------------|--|-------|------------|
| Date | Competition | Team | Opposition | Venue | Start time |
| 04.03.24 | North Kent League | U13B | V Hurstmere Foundation School for Boys | Away | 3:20pm KO |
| 06.03.24 | North Kent League | 2 nd XI | V Darrick Wood School | Home | 2pm KO |
| 07.03.24 | Tournament | U14A | V Bexleyheath Academy | Away | 2pm KO |

| BASKETBALL | | | | | |
|------------|-------------------|------|---|-------|----------------|
| Date | Competition | Team | Opposition | Venue | Start time |
| 04.03.24 | North Kent League | U14A | V Haberdasher's Aske;'s Knights Academy | Home | 4pm tip off |
| 05.03.24 | North Kent League | U18A | V Haberdasher's Aske;'s Knights Academy | Away | 4:20pm tip off |
| 06.03.24 | North Kent League | U13A | V The Howard School | Home | 3:30pm tip off |

*Please note that some matches may be cancelled/postponed and therefore we ask you to keep an eye on the SOCS website.

Beths Grammar School | Sports Home (bethssport.co.uk).

If you have any questions, please email us at fixtures@beths.bexley.sch.uk



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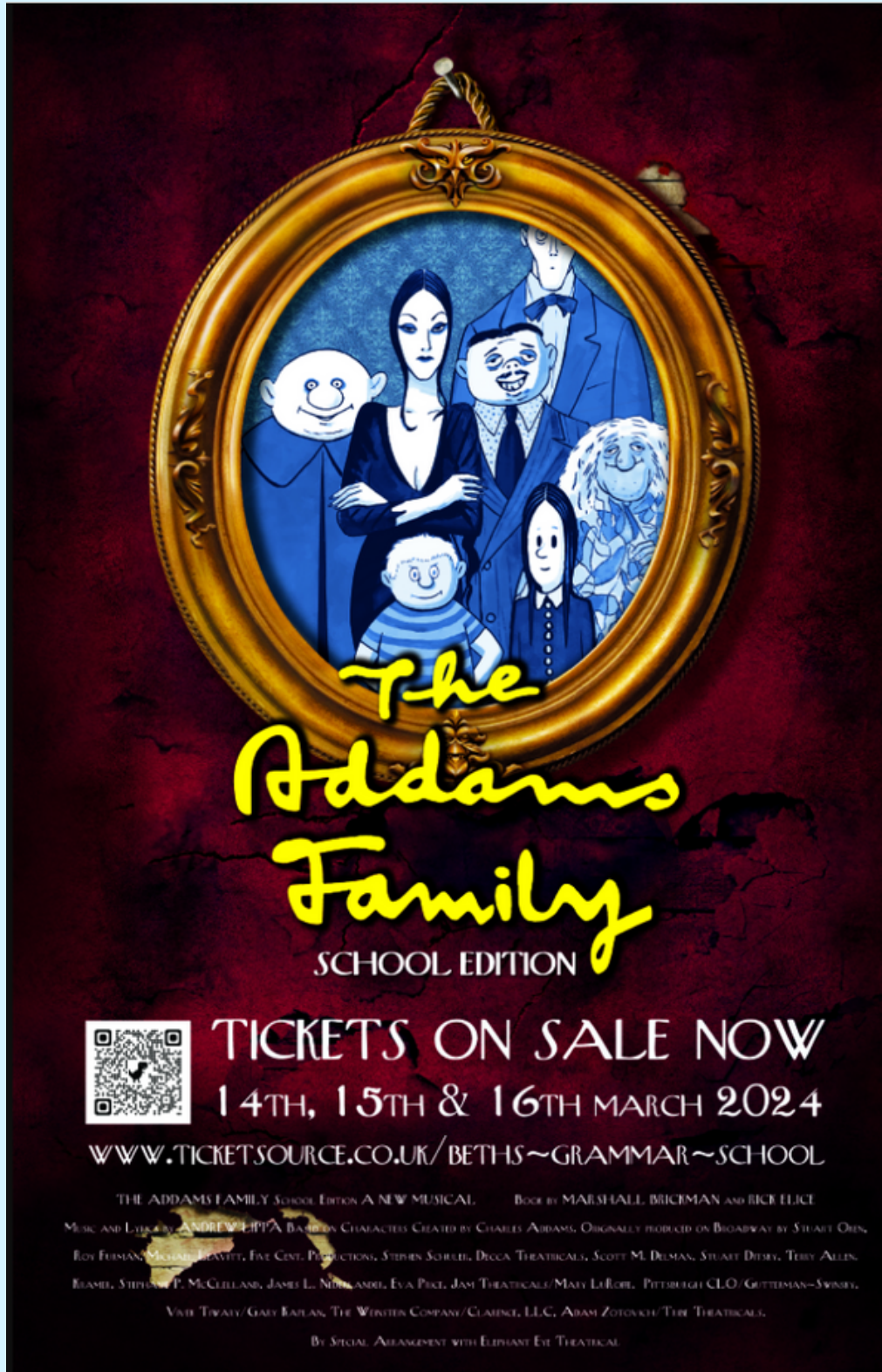
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SCHOOL PRODUCTION: THE ADDAMS FAMILY

This year our School Production will be The Addams Family. The show will run from 14-16th March 2024. Tickets are selling fast, to purchase a ticket please follow this link www.ticketsource.co.uk/beths-grammar-school.



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SPRING CONCERT

Beths Grammar School is excited to bring to you its Spring Concert series. Students from Year 7 - 13 will perform a wide variety of music, from big bands, chamber ensembles, band classes, solo performances and the Beths school orchestra. Bring your family and friends to help support the talented musicians from the Beths School Community.

A vibrant, colorful poster for Beths Spring Concerts. The background is white with various floral and abstract patterns in shades of yellow, pink, purple, and green. The text is centered and reads: "Beths Spring CONCERTS" in a mix of cursive and bold sans-serif fonts. Below this, the dates and performance details are listed for two events: Thursday 21 March 2024 and Wednesday 27 March 2024. The poster also includes social media icons for Instagram, Facebook, and Twitter at the bottom.

**Beths
Spring
CONCERTS**

THURSDAY 21 MARCH 2024
Performances By :
Beths Big Band, Year 7 Band Class, Chamber ensembles and more....

WEDNESDAY 27 MARCH 2024
Performances By :
*Beths Orchestra, Year 8 and 9 Band Class, Chamber ensembles and
so much more....*

TICKETS AVAILABLE ON TICKETSOURCE



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BETHS PARENTS ASSOCIATION

On Friday, March 22nd, 2024 at 7pm, we will be hosting another fun and enjoyable quiz night to support the fundraising efforts of the BETHS Parents' Association. The last quiz night was 12 months ago and I'm sure we speak for all that attended, it was a wonderful and enjoyable evening - giving the opportunity to bring the BETHS community back together, to meet others families, and to hear about what the BETHS Parents' Association has been doing to support the school. This is a social evening for Parents and Children. Please come and join, build friendships, understand more about the causes that will benefit your scholars, while having a bit of social fun.

A vibrant, comic-style poster for a quiz night. The background is purple with yellow stars and question marks. The text is arranged in a central yellow cloud shape. The main title 'QUIZ NIGHT 22ND MARCH' is in large, bold, black letters. Below it, 'DOORS OPEN AT 7PM' is written in smaller white letters. The text 'BETHS PARENTS ASSOCIATION INVITE PARENTS AND CHILDREN' is at the top. At the bottom, it says 'ARE YOU, READY TO PLAY?', 'BRING YOUR OWN FOOD & DRINK', 'BETHS GRAMMAR SCHOOL HARTFORD ROAD', and 'BUY TICKETS & MORE INFO ON CLASSLIST'. A small yellow cloud on the left says '£10 PER TICKET'. The website 'HTTP://JOIN.BETHSPA.CO.UK' is at the very bottom.

BETHS
PARENTS ASSOCIATION
INVITE
PARENTS AND CHILDREN

**QUIZ NIGHT
22ND MARCH**

DOORS OPEN
AT 7PM

ARE YOU, READY TO PLAY?
BRING YOUR OWN FOOD & DRINK

**£10 PER
TICKET**

BETHS GRAMMAR SCHOOL
HARTFORD ROAD

BUY TICKETS & MORE INFO ON CLASSLIST

[HTTP://JOIN.BETHSPA.CO.UK](http://join.bethspa.co.uk)



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BETHS PARENTS ASSOCIATION

Tickets can be purchased on classlist for the event or via this link
<https://app.classlist.com/events/#/events/view/1091530682>

We are reaching out to our community to raise funds for the many requests we get from scholars and teachers alike.

The event is being organised by the BETHS Parents' Association and is one of a number of events planned to contribute to their fundraising efforts.

- Each table will have up to 8 people to a team. You can buy individual tickets OR a table up to 8!
- We encourage you to bring your own food and drink for a social evening!
- Parking onsite at the school
- we will be running a raffle on classlist prior to the event and the winner will be announced on the night

Please mark your calendars and plan to join us for an evening of fun, community, while supporting a great causes.

See you there!
Beths Parents Association



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KEEPING YOUR CHILD SAFE ONLINE

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/786040/survey_of_pupils_and_their_parents_or_carers-wave_5.pdf
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'sensitive' nature): HeadsPA@beths.bexley.sch.uk**

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