

TRIP TO THE CERVANTES THEATRE AND A TRADITIONAL COLOMBIAN RESTAURANT

El viernes pasado fuimos al “Teatro de Cervantes en Londres” para ver “La Casa de Bernarda Alba”. La actuación fue intensa y me permitió a mí y mi clase comprender el contexto necesario para nuestros estudios. La actuación fue increíble y la aprecié ampliamente.

Después fuimos a un restaurante Colombiano llamado “Leños & Carbón”. Esta es mi primera vez probando comida colombiana, y tengo que decir que me quedé muy complacida y disfruté de mi comida. El nombre de mi plato es “bandeja paisa”. ¡Ésta fue una manera maravillosa de terminar mi semana!

Last Friday we went to “The Cervantes Theatre - London” to watch “La Casa de Bernada Alba”. The performance was intense and allowed me and my class to grasp the necessary context needed for our studies. The acting was incredible, and I thoroughly appreciated it.

After that, we went to a Colombian restaurant called “Leños & Carbón” and I have to say that this was my first time trying Colombian food. I was pleased and enjoyed my meal. The name of my dish is “bandeja paisa”. This was a wonderful way to end my week! - **By Keziah O 12W1**



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The play, “La Casa De Bernada Alba”, was so powerful. Watching it with my class and other students my age made the whole experience even more fun. The play itself was incredible. The actresses were so talented and emotional. I will most defiantly remember their performance when it comes to studying the play.

After we went to a Colombian restaurant called “Leños & Carbón”. I really enjoyed eating a traditional Colombian meal with all my friends, we talk about the play we had just seen and we listened to Colombian music that played in the restaurant. The food was delicious, and the wide variety of options meant that there was something for everyone. Everyone especially loved the empanadas which we had as a starter. Overall, I loved the experience, and I ended the school trip with a huge smile on my face.

La obra de La Casa De Bernarda Alba fue muy potente. Verla con mi clase y otros estudiantes de mi edad hizo que la experiencia fuera aún más divertida. El trabajo en sí fue increíble. Las actrices eran muy talentosas y emotivas.

Definitivamente recordaré esta presentación cuando la estudiemos.



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Después fuimos a un restaurante colombiano “Leños & Carbón”. Disfruté de la comida colombiana con mis amigos, hablamos sobre la actuación y escuchamos la música colombiana que sonaba en el restaurante. La comida era deliciosa y la amplia variedad de opciones significaba que había algo para todos. A todos les gustaron especialmente las empanadas que comimos como entrada. En general, me encantó la experiencia y terminé el viaje escolar con una gran sonrisa. - **By Amara M - 12W2**



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STUDENT SUCCESS

Beths has a Cyclesport National Champion within the school! Both Oscar and Alfie were at the sharp end of the Falkirk race though out, until a small late mistake decoupled Alfie from the leading trio. Oscar then took the race to the defending Champion, eventually breaking him on a technical section and getting away to win by 10 seconds.

It's a little exceptional for a first year Junior to win the National stripes, and by far the greatest accolade will be to race in the jersey during the 24/25 season in Europe.

Oscar and Alfie have both been selected for GB squad for the upcoming World Championships in Tabor Czech Republic on the 3rd/4th of February. Alfie and Oscar are actually the only Juniors Males representing the UK as the selection criteria was particularly high this year.

The World Championships are preceded by the final round of the World Cup in the Netherlands over the 27/28th weekend and again Alfie and Oscar are in the GB squad selection. - **By Mr and Ms Amey**



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BEST OF THE BETHS

Hot off the press! the latest edition of Best of the Beths newsletter is now available to be viewed on our website

[https://www.beths.bexley.sch.uk/page/?](https://www.beths.bexley.sch.uk/page/?title=Best+of+the+Beths+Newsletter&pid=403)

[title=Best+of+the+Beths+Newsletter&pid=403](https://www.beths.bexley.sch.uk/page/?title=Best+of+the+Beths+Newsletter&pid=403) . This months edition includes Hip Hop and the Christian Society by Tolu 12C3, The British Post Office Scandal by Woody 10W, AFCON Group Stages by Nnamdi 11B and much more!

BEST OF THE BETHS

MARTIN LUTHER KING DAY

VOTE

CAF AFRICA CUP OF NATIONS CÔTE D'IVOIRE 23

THE BEST OF JANUARY

UK ELECTIONS

LOHEESHAN BABURAJAH 10H

Due to these multiple accusations, Rishi Sunak has attempted to reassure the public with tax cuts, however, whether these promises are for power or for the people, we cannot know. To retort, Sunak has also attacked the Labour party's £28 billion-a-year Green Energy investment plans, stating that 'it cannot be done without putting up inflation, without putting up mortgage rates, or without putting up all your taxes'.

BOOK REVIEW: EYES OF THE VOID

HARVEY TODD 10B

Within the book, a recurring theme is the relationship between a race known as "The Parthenon", which is an artificially produced species of female warriors, and a man known as Idris Telemmier, who is part of a program where humans were changed to be able to fight the architects. Throughout the novel there is a sense of importance for all of these characters.

Adrian's narrative explores the idea of a thing called "Unspace", which is said to be a psychologically draining and stressful environment, which draws on the deep, intellectual ideas of thoughts and senses. It is a form of travel across the universe at unfathomable speeds.

The way that the novel is constructed is into separate parts that are significant settings or events. These are then arranged into separate passages, which focus on particular characters. This allows for an easier flow of the story when perspectives are in different locations as it allows for a better idea of the chronological order of events and a flow of the story, which is an excellent example of a space opera: a space opera is a novel set in outer space, which normally has a simplistic melodramatic nature.

Personal Opinion:

I enjoyed this book as I found it intense, exciting and completely unpredictable.

Furthermore, it is filled with a variety of different weapons that demonstrate pure destruction and disintegration. There are also the Architects which appear to be able to change gravitational force to their will and their presence is processed in the mind as if it was a shift in reality.

However, they appear to be vulnerable to objects and cities left by a previous civilisation, known as "Originators". I am truly amazed at how well Adrian Tchaikovsky has been able to describe it as the personification of terror and power.

Looking Ahead:

Adrian Tchaikovsky has recently written the last book in the trilogy, which is called the 'Lords of Uncreation', which is the perfect title as a conclusion to this series.

Other notable works of his include:
Children of Time
Elder Race

UEFA: THE BEST AWARDS' WINNERS

ALASTAIR MCTEER 10H

Lionel Messi has been crowned The Best FIFA Men's Player 2023, retaining the title he won in 2022. Messi topped an incredibly close poll, which was voted for by national team coaches and captains, as well as expert journalists and supporters across the globe.

With the FIFA World Cup Qatar 2022™ winner and Manchester City and Norway striker Erling Haaland locked together on 48 points, they were separated by the number of first-choice nominations received in votes from national team captains.

Aitana Bonmati has been named The Best FIFA Women's Player for the first time. The coveted award is richly deserved for this magnificent midfielder, who in 2023 inspired Spain to their maiden world title, and Barcelona to a domestic and European treble.

Mary Earps has been voted The Best FIFA Women's Goalkeeper for a second successive year, becoming the first two-time winner in the award's history.

Ederson has been named as The Best FIFA Men's Goalkeeper of 2023. The Brazilian shot-stopper was awarded the honour following a stellar year in which the 30-year-old backstopped Manchester City's historic treble-winning campaign.

Sarina Wiegman has been named The Best FIFA Women's Coach for 2023. The England boss enjoyed a record-breaking year in which she led the Lionesses to the final of the FIFA Women's World Cup™, and the Arnold Clark Cup and Women's Finalissima titles.

Pep Guardiola has been named The Best FIFA Men's Coach 2023 after overseeing an incredible period of success at Manchester City. The Spaniard led the club to a historic Premier League, UEFA Champions League, and FA Cup treble in 2022/23.



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NEW SIXTH FORM BUILDING UPDATE



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FIXTURES AND RESULTS

Results for week commencing 29th January

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
05.02.24	North Kent	U15A	V Hurstmere	Away	2pm
06.02.24	North Kent	U14A	V Welling School	Home	2pm
07.02.24	Kent Cup	1 st XI	V The Judd School	Home	2pm
08.02.24	North Kent	U15A	V Bexleyheath Academy	Home	2pm
08.02.24	North Kent	U12A	V Welling School	Away	2:30pm



*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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FIXTURES AND RESULTS

Fixtures for week commencing 5th February

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
29.01.24	North Kent League	U16A	V St Mary Magdalene	Home	Won 2-0
29.01.24	North Kent League	U12A	V Bexleyheath Academy	Away	Draw 2-2
30.01.24	North Kent League	U15A	V Wilmington Grammar	Home	Won 2-0
30.01.24	North Kent League	U12B	V Bexleyheath Academy	Away	Won 0-2
02.02.24	North Kent League	U14	V Bexley Grammar School	Away	2:30pm



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KEEPING YOUR CHILD SAFE ONLINE

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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