

BETHS VIP

Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER



Dear Parents, Carers,

We are halfway through this term and the preparations for the public examinations are now being put to the test. This week we had our GCSE Art and GCE Photography examinations and the start of next week the GCE Art takes place before the full examinations commence on the 9th May. This can be a stressful time for scholars, as they try to balance revision and exam techniques, but we have every belief in

them to do the best of their ability and look forward to celebrating their results in the summer.

On Tuesday 7th May there is a train strike taking place. More details can be found here: [Strike action | Southeastern \(southeasternrailway.co.uk\)](https://www.southeasternrailway.co.uk/strike-action) Please find an alternative route to get to school on this day and if there are any transport issues, please inform your child's Attendance Officer, contact details are below:

Years 7-11 - Ms Chandler attendance@beths.bexley.sch.uk

Sixth Form - Ms Topper, 6FAttendance@beths.bexley.sch.uk

This week we welcomed guest speakers in to talk and run a Q&A session with our scholars. Owen Gibson from The Guardian newspaper, spoke of his career, 20+ years with the newspaper and roles he has taken on to inspire a career in journalism, and Koby Adom, Ghanaian-British film



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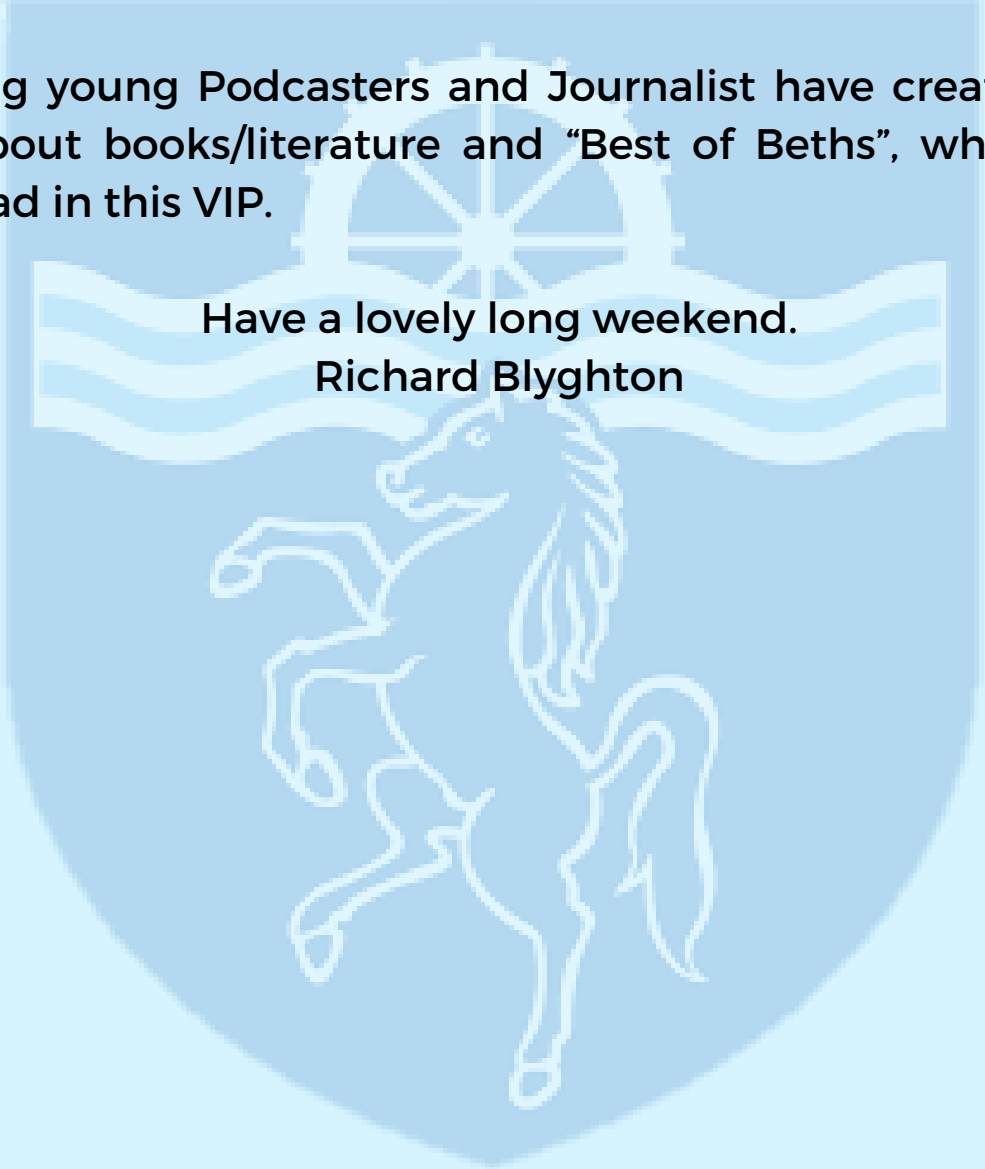


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director, writer & executive producer gave a talk on the world of film making, directing and scriptwriting and took scholars through his journey in the industry.

We are grateful to be able to enrich our scholars with external speakers.

Our budding young Podcasters and Journalist have created a “Beths Podcast” about books/literature and “Best of Beths”, which you can listen to /read in this VIP.



Have a lovely long weekend.
Richard Blyghton

Have a wonderful weekend,
Richard Blyghton



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VISIT FROM KOBY ADOM

Last week, our students were treated to an extraordinary opportunity: a sit-down session with none other than Koby Adom!

Koby Adom is a Ghanaian-British film director, writer & executive producer who was born in Ivory Coast but raised in South London from childhood.

Between September 2020 till now, Koby has directed two episodes of Top Boy Season 4 for Netflix, the entire 4-part season 2 of Noughts and Crosses for BBC 1 as well as Executive producing 5 short films from black filmmakers through DBK Studios, funded by Sky Studios, airing on Sky Arts. Koby is writing his debut feature film as well as episodes of a commissioned horror/thriller TV show which will all be set and directed by Koby in Accra, Ghana.



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VISIT FROM KOBY ADOM

This encounter was a golden chance for our students to delve into the world of filmmaking, directing, and scriptwriting. With eager minds and burning curiosity, they peppered Koby with questions about his journey in the industry, tv directing, and the intricacies of bringing stories to life on the big screen.

From sharing anecdotes about their favourite shows directed by Koby to gaining insights into his upcoming projects. Together, they explored the role of a TV director, editor and writer, uncovering the secrets into how to be successful in the entertainment industry.



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VISIT FROM OWEN GIBSON

We were honoured to host Owen Gibson, Deputy Editor of the Guardian Newspaper, for a discussion on the dynamic world of journalism.

With an illustrious career spanning various roles, Owen delighted our students with stories of his journalistic journey—from thought-provoking articles to engaging with a diverse range of individuals through interviews. He offered a fascinating glimpse into the proliferation of newspapers, tracing their transformation from traditional print formats to the digital world of online platforms, apps, and beyond.

Owen's insights served as a inspiration for our students, sparking their passion for journalism and opening their eyes to the boundless possibilities within the field. It was a truly enriching experience, providing our budding journalists with invaluable knowledge and a deeper appreciation for the ever-evolving landscape of media and storytelling.



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YEAR 7 LATIN FORUM

This week in Latin Forum, Year 7 delved into the Roman Empire. With Mr Simpson, students explored what an empire is, how to build an effective one and looked at different empires through time. Mr Papakostas taught students about how they managed to build this empire with the infamous Roman army, culminating in students creating their own battle plan in various different scenarios! We'll see you next week for an impassioned discussion about what makes a hero...



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KS3 CHINESE CLUB

This week's Chinese Club transformed into a vibrant celebration of all things panda! With Mr. Liu as our guide, we embarked on a journey into the heart of Chinese culture, delving into the significance of these beloved creatures and the crucial mission of safeguarding their future. As the classroom buzzed with excitement, students channelled their creativity, molding and shaping clay into adorable pandas, each one a testament to our commitment to conservation and appreciation for the wonders of the natural world.



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YEAR 7 ENGLISH

As part of the Year 7 English curriculum, scholars researched Queen Elizabeth as part of their homework. Here are some of their great designs!



DRAMA SCHOOL TRIP

On Thursday 25th April our Year 10 Drama and Music students went to see *Back to the Future: The Musical*. They travelled back in time to 1955 with Marty McFly and Doc Brown.

"*Back to the Future: The Musical*" is an electrifying stage adaptation of the iconic 1985 film "*Back to the Future*." Set to a toe-tapping score and packed with thrilling special effects, this musical extravaganza follows the adventures of Marty McFly and eccentric scientist Dr. Emmett Brown as they navigate the twists and turns of time travel.

A fantastic time was had by all!



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BEST OF THE BETHS

Hot off the Press! April's issue of Best of the Beths is now available to be viewed online by following this link

[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 month's issue

includes; London Mini Marathon Championship 2024 by Alastair 10H,

Film Review: Get Out by Thomas 10A, Israel and Iran by Thomas 10C,

2024 Chess Candidates by Tay 10B and much much more!

BEST OF THE BETHS



THE BEST OF APRIL

PREMIER LEAGUE TITLE RACE 23/24

FAVOUR 10C

AS THE END OF THE PREMIER LEAGUE 23/24 SEASON APPROACHES, THE TITLE RACE HAS BEGUN TO HEAT UP TO A HIGH EXTENT. EVERY GAME IS BEING TREATED AS A FINAL FOR THE THREE DOMINANT TEAMS THIS SEASON: ARSENAL, LIVERPOOL, AND MAN CITY.

ARSENAL HAVE BEEN A STRONG SIDE THIS SEASON, WITH THE ADDITIONS OF DECLAN RICE AND KAI HAVERTZ BEING PROVED AS A SUCCESSFUL SUMMER MOVE FROM MIKEL ARTETA. THEY HAVE CONCEDED THE LEAST GOALS (26) AND HAVE SCORED THE MOST GOALS (82) SO FAR IN THIS EVENTFUL SEASON, RESULTING IN THEM HAVING A GD OF 56, A FACTOR WHICH MAY PROVE TO BE KEY IN DECIDING WHO WILL LIFT THE PREMIER LEAGUE TROPHY. DESPITE ALL THE POSITIVES, THERE HAS BEEN SOME NEGATIVES, FROM SHOCK DEFEATS TO EUROPEAN EXITS, THE GUNNERS HAVE HAD THEIR FAIR SHARE OF SUFFERING THIS SEASON. THEY HAVE STRUGGLED TO CAPITALISE ON KEY MOMENTS, WITH FANS BELIEVING THE CAUSE OF THESE POOR RESULTS IS HAVING NO STRIKER, BUT WITH STARS LIKE BUKAYO SAKA AND WILLIAM SALIBA TAKING THEIR TEAM TO NEW HEIGHTS, WILL THE GUNNERS FINALLY END THEIR 20 YEARS WAIT OF A PREMIER LEAGUE TROPHY?

LIVERPOOL HAVE BEEN AMAZING THIS SEASON. AFTER SIGNING TO MIDFIELDERS DOMINIK SZOBOSZLAI AND WATURO ENDO, THEY HAVE REALLY PUT IN A GOOD SHIFT IN ATTEMPT TO BE CROWNED CHAMPIONS. DESPITE ALL THIS, THEY STILL LACK THE CONSISTENCY IN MATCHES, RESULTING IN A CURRENT 3RD PLACE SPOT AND EXIT THE EUROPA LEAGUE. A COMPETITION THEY WERE LABELLED 'FAVOURITES' TO WIN. FANS BELIEVE THE CAUSE OF THESE UNEXPECTED RESULTS IS DUE TO INJURIES, WITH THE CLUB HAVING PLAYERS LOST A WHOPPING 1,252 DAYS THROUGH INJURY. DESPITE ALL OF THIS, WILL KLOPP LIFE THE PREMIER LEAGUE TROPHY IN HIS LAST SEASON IN CHARGE OF THE REDS? PER GUARDIOLA'S MEN HAVE BEEN ELITE THIS SEASON. DESPITE THEIR EXIT IN THE UCL, THEY HAVE BEEN AMAZING AND IT IS HARD TO SAY WHAT HAS GONE WRONG FOR THEM APART FROM DROPPING VITAL POINTS IN VITAL GAMES.

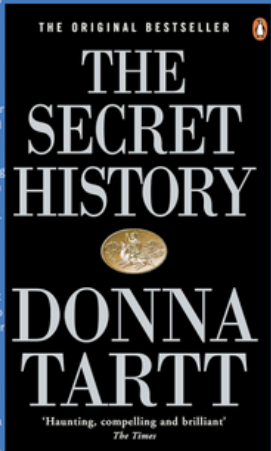
THE SECRET HISTORY REVIEW

JOE 10W

The Secret History by Donna Tart is a fictional novel following intelligent but unsatisfied college student Richard Pappan who initially enrolled at Hampden College to escape his monotonous California lifestyle but after becoming involved with a group of eccentric misfits he finds the course of life forever altered.

It is a gripping and mysterious book that keeps the reader second-guessing themselves and constantly invested. You are often unsure of your own judgments of the characters and as the narrative expands it becomes increasingly difficult to differentiate between whether you should be rooting for or against them, culminating in an engaging and haunting read. The setting of Hampden College was well-crafted and vivid and Donna Tart masterfully portrayed a hectic and lively college environment while maintaining a firm grasp on the intricate and detailed plot. The result was an incredibly natural backdrop to the stories events which let the reader easily immerse themselves in the book.

I particularly enjoyed the ending and epilogue as it was a very satisfying close to the story but still remained a thought-provoking and melancholic finish with the reader still wishing for more. Overall, an excellent book.



THE ORIGINAL BESTSELLER

THE SECRET HISTORY

DONNA TART

'Haunting, compelling and brilliant'
The Times

GIRONA FC: SPAIN'S BEST TEAM




JOSHUA 10B

AT THE START OF THE 2023/2024 SEASON NO ONE EXPECTED A TEAM WITHOUT TRAINING FACILITIES TO BECOME LEAGUE LEADERS. WELL, GIRONA FC HAVE BEEN DOING THAT FOR THE PAST COUPLE MONTHS.

PRIOR TO THIS SEASON, NEWLY PROMOTED GIRONA FC COMFORTABLY FINISHED 10TH IN SPAIN'S FIRST DIVISION, ONLY 4 POINTS SHORT OF A EUROPEAN SPOT. GOING INTO THE 23/24 SEASON, MIGUEL'S SIDE ONLY SPENT €22.3M ON NEW ADDITIONS, WHICH MADE FANS ALL OVER THE WORLD THINK THEY WOULD BE IN A RELEGATION BATTLE, BUT LITTLE DID THEY KNOW, THE BLANQUIVERMELLS HAD SOMETHING UP THEIR SLEEVES.

THEY STARTED THEIR 23/24 CAMPAIGN WITH AN UNCONVINCING WIN AGAINST LAS PALMAS, WITH A LATE WINNER COMING FROM PORTU. THEY THEN WON THEIR NEXT 3 GAMES, INCLUDING A BIG WIN AGAINST VILLERREAL. UNFORTUNATELY, THEY LOST THEIR NEXT GAME AGAINST 35- TIME WINNERS REAL MADRID. THIS LOSS LEFT FANS DEVASTATED, BUT THEY STILL KNEW ANOTHER SURPRISE SEASON WAS POSSIBLE.

THEY CONTINUED TO WIN THEIR GAMES, WINNING SIX STRAIGHT, BEFORE THEY DREW TO ATHLETIC BILBAO. FAST FORWARD TO TODAY, THEY SIT IN 1ST PLACE, ONE POINT CLEAR AT THE TOP, BUT THE BIG QUESTION IS: WILL THEY WIN THE LEAGUE?





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KS3 BETHS BOOK PODCAST

New episode alert; KS3 Beths Book Podcast is now available to be viewed! Every month, our students take centre stage to unpack the wonders of literature, sharing their most passionate reviews and recommendations, and even hosting special guest speakers!

April's edition is hosted by Abbey House!

This month:

- Book suggestions
- Book reviews
- Omar 9H interview launching his first book and talking all things book writing
- Guest interview with Ms Minkowich talking all things bookish
- Book challenge/quiz! Answers to be submitted to Y7 Librarians

To listen to the podcast, please click here

<https://youtu.be/xxMmyliTPnY?si=XUbqAzmHo6pPIIGt>



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SPORTS FIXTURES AND RESULTS

Results for week commencing 29th April

CRICKET					
Date	Competition	Team	Opposition	Venue	Score
29.04.24	County Cup	U12A	V Dartford Grammar School	Away	Lost
30.04.24	County Cup	U15A	V Hayes School	Away	Lost

Fixtures for week commencing 6th May

CRICKET					
Date	Competition	Team	Opposition	Venue	Start time
07.05.24	North Kent Cup	U12A	V Chis and Sid	Away	4pm
07.05.24	North Kent Cup	U13A	V Chis and Sid	Away	4pm
09.05.24	County Cup	U14A	V Eltham College	Away	2pm

ATHLETICS					
Date	Competition	Team	Opposition	Venue	Start time
08.05.24	Bexley Athletics		Bexley Schools	Away	8:30am

*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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HOW TO HELP YOUR CHILD MANAGE EXAM STRESS BY YOUNG MINDS UK

Young Minds UK have put together a helpful guide about how parents/guardians can support their young person during exam stress. To read the full article, please click here [Young Minds UK](#)

Topics mentioned: [exam time](#)

About: *Exams are often a source of stress for young people. And after two years of academic disruption due to the pandemic, many will be experiencing them for the first time this summer. This blog explains how parents can help their children cope with exam pressure and achieve their potential, while also protecting their mental health.*

Listen to their concerns

It's important to understand that your child may well be feeling worried at this time, and that this is normal. Encourage them to talk about their concerns, and reassure them that their feelings are valid and that you are there to support them.

Help with exam preparation practicalities

Helping your child to plan a realistic revision timetable, which breaks the days and subjects down into manageable chunks, will reduce their anxiety by increasing their sense of control and confidence. It will also help ensure everything is covered.

Discuss different revision techniques and help your child to identify which suit them best. It could be making flashcards or mind maps, watching online revision videos or talking questions through. If there are topics your child finds particularly difficult, make sure their revision plan targets these. And offer support by listening to a recap or testing them on what they have learned, if they find this is helpful.

Do ensure your child has a distraction-free place to study too. This could be a school or public library if there isn't a suitable space at home.

“ Helping your child to plan a realistic revision timetable, which breaks the days and subjects down into manageable chunks, will reduce their anxiety by increasing their sense of control and confidence. ”



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HOW TO HELP YOUR CHILD MANAGE EXAM STRESS BY YOUNG MINDS UK

Encourage healthy routines

Sleeping well, eating regular healthy meals and relaxing are important for everyone's wellbeing. Encourage your child to stick to healthy routines and to make some time for activities they enjoy – such as exercise, doing something creative, getting fresh air, seeing friends playing in person or online – as these help reduce stress.

Revision is most effective when combined with regular breaks, so make sure that your child does step away from their books. You could suggest a cup of tea and a snack, a quick walk or a TV programme they enjoy.

Relaxation techniques, such as focussing on breathing slowly or shoulder rolling, can reduce stress or help your child sleep if they are finding it difficult to unwind.

“ Relaxation techniques, such as focussing on breathing slowly or shoulder rolling, can reduce stress or help your child sleep if they are finding it difficult to unwind. ”

Promote a sense of perspective – and don't add to the pressure

Young people can feel overwhelmed by pressure to get high grades in exams. It comes at them from school, peers, social media influences and more. So, while it's normal to want your child to do well, it's really important that you avoid heaping on more pressure, and that you help instil a sense of perspective. Avoid nagging and over-policing their revision.

Encourage your child to focus on realistic goals of their own, rather than to compare themselves critically to their peers or to worry about expectations other people have of them. This applies both to the amount of revision they are doing and to the results they feel they should get. If they are struggling, focussing primarily on the core subjects (maths, English, science) as well as one or two others they enjoy, may reduce stress and allow them to progress to their intended next steps.

Reassure your child that exam results do not define them; that they are far from the only measure of success; and that you are proud of them whatever happens on results day.

Look out for signs that your child is struggling

While some degree of worry or nerves around exams is to be expected, do be aware of signs that anxiety levels may be building. These can include sleep or appetite problems; difficulties with concentration; or physical symptoms such as nausea, sweating or palpitations.

If your child's anxiety is spiralling, encourage them to talk to you, or perhaps to a teacher, about how they are feeling. If you are worried that your child may be experiencing depression or longer-lasting anxiety, discuss this with the GP.



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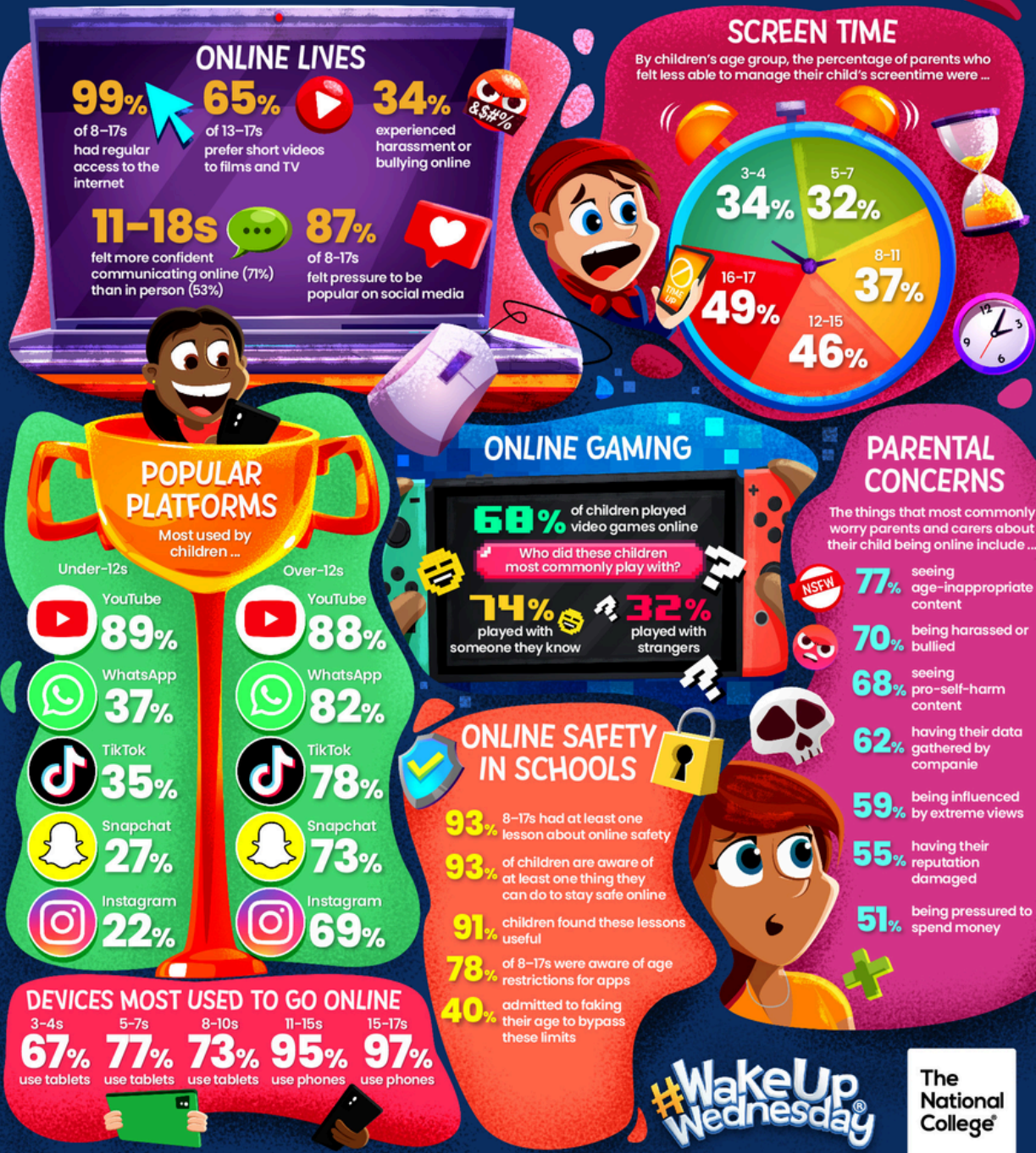
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KEEPING YOUR CHILD SAFE ONLINE

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.

What Parents & Educators Can Learn from the OFCOM MEDIA REPORT 2024

Each year, Ofcom - the UK's regulatory body for communications - produces an overview of children and parents' media experiences over the course of the previous year. At the time of writing, the latest of these reports, 'Children and parents: media use and attitudes 2024' has just been published, and we've plucked out some of its most thought-provoking findings regarding online safety.



Source: See full reference list on guide page at: nationalcollege.com/guides/media-use-and-attitudes-report-2024

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