

Week ending 5 March 2021

BETHS VIP

(Very Important Publication)



Messages from Mr Blyghton, Headteacher

I know that we have been bombarding you with information over the last few days so I will try and just give you the highlights today and include a link to these letters on our website, should there be anything you wish to clarify: <https://www.beths.bexley.sch.uk/page/?title=Whole+School&pid=92>

Our ambitious Mass Testing Programme starts on Monday 8 March and, to enable it to run smoothly, we ask students to arrive at the times that they have been timetabled.

When entering the site students **MUST** have their face masks on. Students will make their way in via the West Gate (by the field) and walk across the school field onto the Hard Courts and enter the Sports Hall (our testing centre) via the door closest to the Science block. They will exit through the doors that open up onto the Hard Courts and make their way off site via the drive by the MCC and back of the DT Block and exit through the East Gate. Students should then go directly home and wait to hear the result of their test.

So that your child knows what to expect, we would ask that parents share this link with them in advance of their Lateral Flow Test: [Step by step guide to COVID-19 self-testing - YouTube](#)

We would also ask parents to ensure that their child has downloaded the NHS Test and Trace app onto their mobile device in advance of their test - go to <https://covid19.nhs.uk/> for more details of how to do this and what information the app stores. Once your child's result is known, they will then be able to see this by logging onto this app. Results will be bulk-uploaded, however, any positive results will be prioritised.

A timetable is available overleaf as to when each form group with test:

Dates for your diary

Monday 8 March

School re-opens—
lateral flow tests for
students commence

Thursday 11 March

Year 7 Student
Council Meeting (Ms
Sangster to email
students)



Beths Grammar School



@Bethsgs



Beths Grammar

Messages from Mr Blyghton, Headteacher—continued

Monday 8 March

8.30am	13.1 and 13.2
9.00am	13.3 and 13.4
9.30am	13.5 and 13.6
10.00am	13.7 and 13.8
10.30am	13.9 and 13.10
11.00am	13.11 and 13.12
2.00pm	11A and 11B
2.30pm	11C and 11E
3.00pm	11H and 11W

Tuesday 9 March

8.30am	12.1 and 12.2
9.00am	12.3 and 12.4
9.30am	12.5 and 12.6
10.00am	12.7 and 12.8
10.30am	12.9 and 12.10
11.00am	12.11 and 12.12
11.30am	12.13
2.00pm	10A and 10B
2.30pm	10C and 10E
3.00pm	10H and 10W

Wednesday 10 March

8.30am	9A and 9B
9.00am	9C and 9E
9.30am	9H and 9W
10.00am	8A and 8B
10.30am	8C and 8E
11.00am	8H and 8W
2.00pm	7A and 7B
2.30pm	7C and 7E
3.00pm	7H and 7W

Messages from Mr Blyghton, Headteacher—continued

As I said earlier, once the students have been tested, they will immediately make their way home and continue with lessons that will have been set over MS Teams or SMHK. The table below gives you further details.

Monday 8 March	Students in Years 11 and 13 will be tested. On line lessons for students in Years 7, 8, 9, 10 and 12.
Tuesday 9 March	Students in Years 10 and 12 will be tested. Face to face lessons in school for Year 11 and 13 students who received a negative LFT test. On line lessons for students in Years 7, 8, 9.
Wednesday 10 March	Students in Years 7, 8 and 9 will be tested. Face to face lessons in school for Year 10, 11, 12 and 13 students who received a negative LFT test.
Thursday 11 March	Face to face lessons in school resume for all students who received a negative LFT and second cycle of the Lateral Flow Testing commences.

Once students return to school, I have tweaked the timings of the day very slightly. See below:

Key Stage 3: Lunch will be between 12:00—12:40 which is a shortening of 5 minutes. The school day will finish at 15:15 which is 5 minutes later than during the Autumn term. Registration for Year 7 and Year 9 will be at 8:45 and for Year 8 at 9:00. Students will be allowed on site up to 30 minutes before their registration.

Key Stage 4: Lunch will be between 12:50—13:50 which is 10 minutes earlier than currently and is shortened back to an hour. The afternoon session will be 13:50–15:30 which is longer than at present to take account of the lost learning time from the Autumn term. Both changes are in line with timings pre-March lockdown. Registration for Year 11 will be at 8:45 and for Year 10 at 9:00. Students will be allowed on site up to 30 minutes before their registration.

Key Stage 5: Year 12 and Year 13 will be expected to follow the Registration pattern established during the first term. Their break at 9.15-9.40 allows for them to use the Canteen which will provide a limited Breakfast service. They will have a timetabled comfort break at the end of session 1 at 11.10, and the second session will begin at 11.20 and finish for lunch at 12:50. They will have a 40-minute lunch break and the afternoon session will be from 13:30-15:00. Year 13 will additionally have the opportunity to work after school in the LRC until 16:30, if they wish.

The shortening of the lunch period for the Sixth Form has not been taken likely—it was originally proposed to be 30 minutes. The lunch options for Year 12 and Year 13 are: bring a packed lunch, buy lunch on the way to school, avail themselves of the Canteen from no earlier than 12:50 (as the Canteen is used as a thoroughfare by Year 7 until 12:40) or quickly go into Bexley Village to get food. In all cases, students are expected to be in their afternoon timetabled lessons at 13:30. Therefore students will not be expected to travel to Bexleyheath Shopping Centre to get their lunch as there will not be enough time to do so. With the expectation that more students will be on site using the facilities over lunch, students will be required to be able to act in a covid-secure manner.

We will be sending out a survey monkey to Years 11 and 13 next week asking for questions and queries regarding the proposed approach for assessing students at GCSE and at A Level in readiness for two separate webinars for parents the following week where we will try to answer them.

As we repeatedly said during the Autumn Term, we ask that parents are mindful not to cause undue stress or anxiety to our local neighbours by parking in close proximity to the school and across driveways; this results in the school spending time placating neighbours when we should be focusing on the school. Hartford Road is a bottle-neck and we are trying to ensure the safety of the students, and our neighbours, around and close to the school site. Our arrangement with Hall Place continues and we would ask that you drop off and pick up your child from there.

Additionally, to help us maintain social distancing and the interests of everybody's safety, we ask that parents do not crowd around the school gates.

**COMIC
RELIEF**

Are you ready to participate in our next challenge?

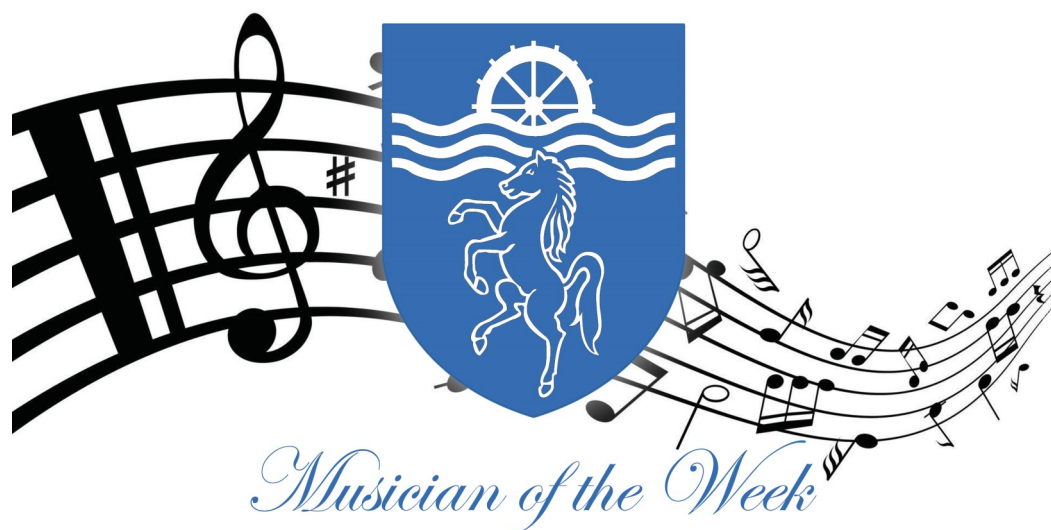
Everyone, irrespective of their fitness level will be able to participate in this challenge and it is for a great cause, Comic Relief (Friday 19 March 2021). We have looked towards an aspirational goal this time and so will be running, walking, cycling, cross training or rowing (for all those who have home gym equipment) from the school to the University of Oxford (virtually, of course!). This will be a 100 mile challenge or 160km.

We understand that this is a huge challenge for a lot of people but even just participating is a reward in itself. You have decided to take something, head on and make your way to reach a goal. As this is for Comic Relief we would like to ask everyone taking part to either get sponsored, perhaps for every 5 or 10 miles or even donate yourselves once you reach the target of 100 miles. A directly accessible donation page has been set up in ParentPay where you can use your debit or credit card to make a contribution to Comic Relief at <https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=2101> and where you will also be given the opportunity to make a Gift Aid Contribution if you are a UK Taxpayer. Alternatively, you can make a payment by logging into ParentPay using your personal username and password as usual.

Unfortunately the Strava App hasn't worked like we have hoped but we are aware that many of you have already signed up and are tracking your distances. Please keep logging your distances and as soon as you reach that amazing goal of 100 miles, please let Mr Webb know!

If anyone would like to share an image of them taking part in the challenge that would be great – especially if you are doing it on a scooter! Please send all footage to mrwebb@beths.bexley.sch.uk, or alternatively tag the Beths PE and Sport Twitter.





This week's musician's of the week are Matis, 10E and Lucas 11C. Congratulations to you both!

We are privileged to have so many talented musicians here at Beths Grammar School.

[Beths Grammar School - Music & Performing Arts](#)

BETHS ALUMNI

We love to hear from any of our ex-students as to what they have achieved since leaving Beths so, please do keep us updated!

Contact us at headoffice@beths.bexley.sch.uk with any career updates and also photos, videos or even articles you have written about your memories of the school—we would love to share them with current staff and students.

PARENTS ASSOCIATION

To be part of this amazing fundraising option, please follow the steps below:



Please go to smile.amazon.co.uk and search for Beths Parents Association. You need to start each shopping session at the URL smile.amazon.co.uk. Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of your eligible purchases. It doesn't cost anything.



If you shop elsewhere online, please join Easyfundraising. Again, it costs nothing and Beths PA will automatically receive a donation. You can sign up at www.easyfundraising.org.uk/BethsPA and we will automatically receive a donation anytime you shop. If you are eligible, please also give gift aid to maximise the donation.

Thank you for your continued support. Please don't hesitate to contact us at beths.parents.association@gmail.com if you have any queries or ideas about how we can raise funds and support our children through this challenging time.

The Multicultural Committee now have their very own Instagram page:



@multiculturalcommittee



Please go check it out and

To have a look at our Reading List, please click on the link below and find 'English Reading List'

[Beths Grammar School - Super Curriculum](#)

Careers

Virtual Work Experience and Exploring the Veterinary Profession

Click [here](#) for more information.



Please head to www.prospects.ac.uk for a career planner quiz.

STEM & Medical Sciences Work Experience—Ages 12-18 'Live Online' or In-Person at UCL



***Architecture—Computer Science—Dentistry—Engineering—
Investment Banking—Medicine—Psychology— Veterinary Medicine***

Register now for unique opportunity to work alongside experienced engineers, doctors, psychologists vets and others this term. Students can choose to attend 'Live Online' before Easter or in-person later in April. Our in-person events have strict COVID measures in place.

[Choose Your STEM Work Experience - InvestIN Education](#)

[Choose Your Work Experience \(Ages 12-14\) - InvestIN Education](#)



Nurse. Bio-Medical Scientist. Chef. Cyber Engineer. Musician. HR Specialist. Tank Crewman. With over 76 entry level specialisms, the range of careers in the British Army might surprise you.

In each one of these roles there are opportunities to gain qualifications – with 98% of new soldiers starting an apprenticeship. Our new video takes you on a tour of roles across the Army’s seven career streams, and is perfect to show students this National Careers Week.

[Army Careers Presentation Films 1 - 2 on Vimeo](#)

INSIGHT INTO ARMY CAREERS VIRTUAL EVENT - 5TH MARCH

Join us for a whistle stop tour of Army Careers to celebrate National Careers Week. This virtual event is for students and teachers interested in finding out more about Army opportunities; no previous knowledge required. We’ll also be looking at the qualifications on offer including apprenticeships and degrees, as well as the [Army Foundation College, Harrogate](#).

[National Careers Week – Insight into Army Careers virtual event - 5th March \(adobeconnect.com\)](#)

For more information on careers and apprenticeships, please head over to our website.

[Beths Grammar School - Career and Apprenticeship Information](#)

There is now information on Summer Schools 2021 on our Super Curriculum page. Please take a look to see if there is anything there that interests you.

[Beths Grammar School - Super Curriculum](#)

JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 15

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

**APPLICATIONS CLOSE
SUNDAY 28TH MARCH 2021**

Enquiries:
applyforjuniorbakeoff@loveproductions.co.uk





Supporting your child's return to school



Whilst some students will be excited about returning to school, we recognise that others might not be! It's normal and understandable to have some anxieties about getting back to normal again after this most recent lockdown. Worries may be related to taking the new LFT Covid tests in school, catching Covid, facing a full day of school again, reconnecting with friends, travelling to school, extended wearing of face masks.....

Recent events and the corresponding news broadcasts have been harrowing at times, making anxiety a normal response to an abnormal situation. Helping your child to verbalise their anxieties, whilst listening to them and reassuring them, will be helpful.

Signs to spot...

Your child may be:

- Irritable
- Avoiding contacting friends
- Avoiding school work
- More upset or finding it hard to manage their emotions
- Anxious or distressed
- Having increasing trouble with sleeping and eating
- Appearing low in mood, withdrawn or tearful
- Reporting worried or negative thoughts about themselves or their future

Conversation starters...

Think about the best time to start a conversation about feelings or specific worries, ideally when your child feels relaxed. You could also try talking whilst doing an activity together, such as walking or baking.

"What are you dreading/looking forward to about school?"

"What's been the worst/best things about being in lockdown?"

"How are you feeling about the journey to school?"

"Do you want to ask me anything about going back to school?"

"What is your favourite school memory?"



Supporting your child's return to school



Preparation for going back:

It might be useful for you to think about the following with your child...

- Start to get your child back into some kind of routine, do they need to go to bed earlier or start waking up earlier to help them prepare?
- The usual return to school preparation will help your child prepare too, such as getting uniform, school bag and stationery ready
- Reminding your child of the fun or positive memories of school they have told you about - funny experiences, good times with friends, interesting lessons, awards etc. This can help stimulate their interest in returning to school
- Reassure your child that the government and the school have spent a lot of time and effort to ensure the environment will be as safe as possible, but that this will mean some change and worry about that change is entirely normal.

If worried, your child can:

- Talk to their Form Tutor and/or Head of Year
- Talk to their Student Wellbeing Champions (who wear yellow badges and have their pictures on the Wellbeing Noticeboards)
- Look at the student wellbeing page on the school website
- If talking is overwhelming, your child can put a named note in the Be Better Box (behind IEN) or email the school counsellors (Counselling@beths.bexley.sch.uk)

Useful links and resources for parents:

[Beths Wellbeing pages](#)

[Young Minds \(support for parents\)](#)

[Back to school: Resource pack for parents](#)

[Mental Health Foundation - Tips for Parents and Carers](#)

[NSPCC - Advice and support for families and parents](#)

We are currently living through unusual and exceptional times and it may be that you, or a member of your family, are experiencing difficulties and need some form of support. Below is a list of a variety of helplines, which may be able to help:

Samaritans – 116 123

SANEline – http://www.sane.org.uk/what_we_do/support/helpline or 0300 304 7000.

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. We are open every day of the year from 4.30pm to 10.30pm

CALM (Campaign Against Living Miserably) – 0800 58 58 58 or <https://www.thecalmzone.net/>

Anyone can hit crisis point. We run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems. We support those bereaved by suicide, through the Support After Suicide Partnership (SASP).

Drinkline – The National Alcohol Helpline - 0300 123 1110 or <https://www.wellaware.org.uk/organisation/drinkline-the-national-alcohol-helpline/>

Confidential advice and information on all aspects of alcohol. Calls are free.

Drinkline offers the following services:

- * Information and self-help materials
- * Help to callers worried about their own drinking
- * Support to the family and friends of people who are drinking
- * Advice to callers on where to go for help

Talk to Frank – 0300 1236600 or <https://www.talktofrank.com/>

Targeted confidential advice for young people around all legal and illicit substances.

National Domestic Abuse Helpline – <https://www.nationaldahelpline.org.uk/> or 0808 2000 247

CRUSE Bereavement Care – <https://www.cruse.org.uk/> or 0808 808 1677

Cruse offers telephone, email and website support. We have a Freephone national helpline and local services, and a website (hopeagain.org.uk) specifically for children and young people. Our services are provided by our network of 5,000 trained volunteers and are confidential and free. Cruse also provides training and consultancy for external organisations and for those who may encounter bereaved people in the course of their work.

Beths Grammar School

**Hartford Road
Bexley
DA5 1NE**

Phone: 01322 556 538

Email: admin@beths.bexley.sch.uk