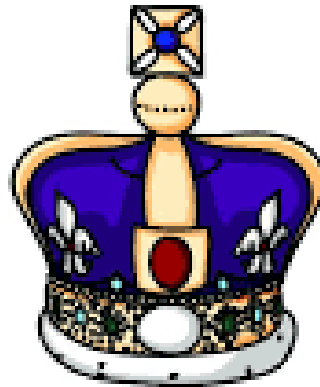


# BETHS VIP

Excellence - Community - Respect - Nurture

*The King's*  
CORONATION

MAY 6, 2023



This weekend we will celebrate the Coronation of His Majesty The King.

We send our well wishes and congratulations to King Charles III on his Coronation.

We hope you all enjoy your bank holiday, and have a restful weekend.



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# YEAR 13

## APPRENTICESHIPS

A big congratulations to our Year 13 students who have secured many amazing apprenticeships. Well done on your well-deserved success! You're an inspiration.

Here is just a small snippet of some of our wonderful students and where they are going for their apprenticeships:

Amritsha - KPMG / PWC

Daniel - Black and white engineering

James - ETA Projects

Will J - GSK, Supply and Logistics

Sayd H - Kite Packaging management

Charlie R- Regulatory Assurance - Delloitte

Flynn H - Building Services Engineering, Waterman Group

Kofi B - Finance - UBS



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# SPORTS NEWS

This term saw the start of our Cricket and Athletics fixtures and competitions. Congratulations to our Year 8 Cricket team on their victory against Ravens Wood to make it to the next round of the Kent Cricket Cup. Commiserations to our Year 9 team who lost against Bullers Wood School for Boys last week,



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# SPIRITED ARTS CLUB

Join hundreds of schools from around the world taking part in this year's Spirited Arts competition! We welcome entries in (almost!) any art form your pupils can think of, including:

- Art (painting, drawing, sketching etc)
- Poetry
- Photography
- Dance
- Music
- Drama
- Sculpture

Winning entries will provide a good response to one of the 5 themes, and judges will be asking 'Is it original?' 'Is it well-crafted?' And (most importantly!) 'Is it excellent RE?'

Pupils can enter individually, in pairs or groups, or as whole class, year or school entries. All entries must be received before Monday 31 July 2023.



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# EXAM STRESS SUPPORT -YOUNG MINDS

Exam Time & Exam Stress | Parents Guide To Support | YoungMinds

Exams are a stressful time for any young person, if you're worried about how your child is coping read our tips and advice on how to help at [https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/?](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/?utm_source=eshot&utm_medium=email&utm_campaign=360schools&utm_content=april2023&utm_term=exams)

[utm\\_source=eshot&utm\\_medium=email&utm\\_campaign=360schools&utm\\_content=april2023&utm\\_term=exams](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/?utm_source=eshot&utm_medium=email&utm_campaign=360schools&utm_content=april2023&utm_term=exams)



Exam Time & Exam Stress | Parents Guide To Support

Exams are a stressful time for any young person, if you're worried about how your child is coping read our tips and advice on how to help.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Exam Stress | How To Deal with Exam Stress for students | YoungMinds

It's normal to feel a bit worried about exams, but sometimes they can make you feel anxious or depressed. Find out how you can deal with exam stress at [https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/?](https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/?utm_source=eshot&utm_medium=email&utm_campaign=360schools&utm_content=april2023&utm_term=exams)

[utm\\_source=eshot&utm\\_medium=email&utm\\_campaign=360schools&utm\\_content=april2023&utm\\_term=exams](https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/?utm_source=eshot&utm_medium=email&utm_campaign=360schools&utm_content=april2023&utm_term=exams)



Exam Stress | How To Deal with Exam Stress

It's normal to feel a bit worried about exams, but sometimes they can make you feel anxious or depressed. Find out how you can deal with exam stress.

[www.youngminds.org.uk](http://www.youngminds.org.uk)



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# BETHS 5K FUN RUN/WALK

We are excited to invite you to join us for a Beths Grammar School Family 5k Fun Run & Walk. This will be taking place at 10:00am on Saturday 17th June 2023 at Hall Place & Gardens, Bourne Road, Bexley, Kent, DA5 1PQ.

All donations for participating, spectating or supporting are welcome, with all donations going towards the new basketball scoreboard in the sports hall, which is in memory of year 10 student Osaivbie who passed away in October of last year.

This is a great opportunity for you to support a meaningful cause and come along and join the Beths community to get outdoors and exercise on (hopefully!) a sunny Saturday morning. So please sign up and donate to support this event!

We welcome everyone whether you are a student, parent, or friend to join us in this event. You can run or walk at your own pace and enjoy the beautiful scenery of Hall Place & Gardens. To get a good idea of how many will be joining us, please could you register your group using the following link <https://forms.office.com/e/EGy1wzyg6i>

There are many benefits of doing a fun run , such as:

- Reigniting your passion for running
- Lowering your blood pressure
- Improving your mood
- Boosting your immune system
- Raising money for our great causes to support your childs' experiences



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# BETHS 5K FUN RUN/WALK

So, what are you waiting for? Sign up and get the date in your diaries!

To register for the event, please fill out this form: <https://forms.office.com/e/EGy1wzyg6i>

To donate for event please use this link: <http://basketball.bethspa.co.uk>

If you have any questions, please contact us at [mrwebb@beths.bexley.sch.uk](mailto:mrwebb@beths.bexley.sch.uk)

We look forward to seeing you on Saturday 17th June 2023 at 10:00am!  
Please feel free to arrive from 09.30am onwards to warm up!

Yours sincerely,  
Mr Webb

BETHS GRAMMAR SCHOOL PRESENTS

# 5K FUN

## RUN & WALK

IN AID OF THE NEW BASEKETBALL SCOREBOARD

SUGGESTED DONATIONS £10

WEAR RED

SATURDAY  
**JUNE, 17 2023**  
START 10.00 AM

### HALL PLACE

BOURNE ROAD, BEXLEY, KENT DA5 1PQ

DONATE CASH ON THE DAY OR TO  
[HTTP://BASKETBALL.BETHSPA.CO.UK](http://basketball.bethspa.co.uk)

BUY FOOD & DRINK  
BETHS BOBBLE HATS

FOR INFORMATION EMAIL [MRWEBB@BETHS.BEXLEY.SCH.UK](mailto:MRWEBB@BETHS.BEXLEY.SCH.UK)

BETHS PARENTS ASSOCIATION  
Supporting Community, Local and Global



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# SPORTS FIXTURES AND RESULTS

## Results for week commencing 1st May 2023

CRICKET					
28.04.23	U14 Oliver Cup	U14	V Bullers Wood School for Boys	Home	Lost
04.05.23	U13 The Thomas Cup	U13	V Ravens Wood School	Home	Won

## Fixtures for week commencing 8th May 2023

CRICKET					
09.05.23	U15 Cricket	U15	V Langley Park School for Boys	Home	Start time 3:45pm
09.05.23	North Kent Cup	U12	V Chislehurst and Sidcup Grammar School	Away	Start time 4pm
ATHLETICS					
11.05.23	Bexley Athletics	Year 9 & 10	V Bexley Schools	Erith Athletics Centre	9am

\*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](http://bethssport.co.uk))



# CLUBS AND EXTRA CURRICULAR ACTIVITIES

We have a range of clubs and extra curricular activities running for all year groups. For a full timetable of clubs and club information please head to our website <https://www.beths.bexley.sch.uk/page/?title=Extra+Curricular+Activities&pid=50>

## KS3 Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
8-8.30am			KS3 Basketball Sports Hall	KS3 Basketball Sports Hall	
	Spanish Club <a href="#">S16 Ms Bridge</a>	LGBTQ+ Society <a href="#">S18 Mr Stein</a>	French Club <a href="#">S19 Ms James</a>		DT Club <a href="#">A9 Mr Knott</a>
	Reading Club EVEN WEEK <a href="#">B5 Ms Monteith</a>	Drama Club <a href="#">P3 Ms Monteith</a>	Eco Club ODD WEEK <a href="#">A4 Mr Glendinning</a>		Manga Club ODD WEEK <a href="#">B4 Ms Takeda*</a>
	U14 Basketball Sports Hall Year 8 Rugby Field	Music Enrichment - Audition only	Music Appreciation 12:15-12:45pm <a href="#">P2</a>	Connect Club EVEN WEEK <a href="#">B4 Ms Takeda</a>	Animation Club <a href="#">A3 Ms Twinem</a>
Lunch	Run Club School Field <a href="#">Mr Walter</a>	Year 7 Basketball	Y8 Dungeons and Dragons <a href="#">DandJ Hub Ms Commerford</a>	KS3 Badminton Sports Hall	Creative Writing ODD WEEK <a href="#">B2 Lady Irving-Gale</a>
	Beths Youth Band 3:40-4:45 <a href="#">P1</a>	<a href="#">Memrise Clinic S16 Ms Bridge</a>	Collegium Antiquum 12.15 start <a href="#">S19 Mr Simpson</a>		Music Support Session 12:00-12:45pm <a href="#">P2</a>
	** Group Piano lessons 3:30-4:30 <a href="#">P2</a>	Music Enrichment - Audition only	Latin Forum (Y7- invite only) MCC 3.30-4.30pm	Warhammer <a href="#">S1 (3.40 start) Mr Turnbull</a>	Spirited Arts - JEM/ - Friday Lunchtime Odd Week - M1
	Year 7 Rugby Field	Orchestra 3:40-4:45pm in the Main School Hall	Theatre Production 3.45-4.30 <a href="#">P3 Ms Grady*</a>	Beths Singers 3:40-4:45pm <a href="#">P1</a>	
After School	STEM Club Y7 <a href="#">S12 Ms Sarker</a>	Year 8 Rugby Field	** Violin Club: 3:30-4:00 beginners; 4:00-4:30 intermediate in <a href="#">P2</a>	Year 7 Football Field	U13 Basketball Sports Hall
		Year 9 Rugby Field		Year 9 Football Field	Beths Big Band 3:40-4:45pm <a href="#">P2</a>
				U14 Basketball Sports Hall	

## KS4 Clubs

KS4 Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
			Eco Club EVEN WEEK <a href="#">A4 Ms Purbrick</a>		
	Music Revision 1:10-1:45pm <a href="#">P1</a>	Y11 Study Club (13.20-13.50) <a href="#">B4 Ms Takeda</a>	Poetry Club EVEN WEEK <a href="#">B1 Dr Easton</a>		LGBTQ+ Society (ODD- <a href="#">S19,EVEN S15</a> ) <a href="#">Ms Harris</a>
	History Club EVEN WEEK <a href="#">M5</a>	Music Revision 1:10-1:45pm <a href="#">P1</a>	U16 Basketball Sports Hall		Social Sciences Reading Club FIRST ODD FRIDAY OF MONTH <a href="#">M4</a>
	Maths Club <a href="#">B12 Mr Khalid</a>	Philosophy Society EVEN WEEK <a href="#">M2 Ms May</a>	English Revision Club ODD WEEK <a href="#">B5</a>	Psychology Club <a href="#">MCC Mr Walsh and Ms Moffat</a>	Film Club <a href="#">B6 Ms Quinn and Mr Russell</a>
Lunchtime	Chess Club <a href="#">A2 Mr Healy</a>	Stoic Philosophy Society Odd Week <a href="#">M2 Mr Papakostas</a>	Reading Club ODD WEEK <a href="#">B5 Ms Monteith</a>	Debating Club <a href="#">M4 Mr Chamberlain</a>	Y11 Study Club (13.20-13.50) <a href="#">B4 Ms Takeda</a>
			Music Theory Club at 1:10pm-1:45pm <a href="#">P1</a>		
			U16 Basketball Sports Hall		
After School	Year 10 Rugby Field		** Violin Club: 3:30-4:00 beginners; 4:00-4:30 intermediate in <a href="#">P2</a>	Warhammer <a href="#">S1 Mr Turnbull</a>	
	** Group Piano lessons 3:30-4:30 <a href="#">P2</a>	Orchestra 3:40-4:45pm in the Main School Hall	Theatre Production 3.45-4.30 <a href="#">P3 Ms Grady*</a>	Beths Singers 3:40-4:45pm <a href="#">P1</a>	Beths Big Band 3:40-4:45pm <a href="#">P2</a>
				Year 10 Football Field	

# CLUBS AND EXTRA CURRICULAR ACTIVITIES

## KS5 Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 8.30am				Gym Club (Max 15 people) Weights Room <b>Mr Webb</b>	
	History Club EVEN WEEK M5  Chess Club A2 <b>Mr Healy</b>  Muslim Prayer group C3 <b>Mr Ahmed</b>  KS5 Chemistry Club S8  KS5 Physics Olympiad Club S1  Gender Equality Society A7B <b>Ms Ewing</b>	Philosophy Society <u>EVEN WEEK M2</u> <b>Ms May</b>  Muslim Prayer group C3 <b>Mr Ahmed</b>  Computer Science interview prep S1 <b>Mr Beaney</b>  Stoic Philosophy Society Odd Week M2 <b>Mr Papakostas</b>	Eco Club <u>EVEN WEEK A4</u> <b>Ms Purbrick and Mr Glendinning</b>  Music Theory Club at 1:10pm-1:45pm P1 <b>Ms Marriott</b>  Poetry Club <u>EVEN WEEK B1</u> <b>Dr Easton</b>  English Revision Club <u>ODD WEEK B5</u>  Muslim Prayer group C3 <b>Mr Ahmed</b>  Reading Club <u>ODD WEEK B5</u> <b>Ms Monteith</b>  KS5 Maths Olympiad Club B12 <b>Mr Khalid</b>  Personal Statement Clinic LRC <b>Mr Beaney</b>	Group Therapy* C4 <b>Denise Brett-Smith</b>  Music Revision 1:10-1:45pm P1 <b>Ms Bowen-Evans</b>  Psychology Club MCC <b>Mr Walsh and Ms Moffat</b>  Debating Club M4 <b>Mr Chamberlain</b>  Muslim Prayer group C3 <b>Mr Ahmed</b>  Yu-Gi-Oh Club A5 <b>Mr Walter</b>  Informatics Olympiad club IT1  BMAT physics support for Medics S0 <b>Mr Beaney</b>	LGBTQ+ Society (ODD-S19, EVEN S15) <b>Ms Harris</b>  Social Sciences Reading Club <u>FIRST ODD FRIDAY OF MONTH M4</u>  Film Club B6 <b>Ms Quinn and Mr Russell</b>  Muslim Prayer group C3 <b>Mr Ahmed</b>  Multi-Cultural Committee MCC BREAKTIME
Lunch time					

After School / Wednesday P3	** Group Piano lessons 3:30-4:30 P2  Engineering A6 <b>Mr Morgan</b>	Orchestra 3:40-4:45pm in the Main School Hall <b>Ms Marriott</b>	1st XI Football Venue TBC PE  2nd XI Football Venue TBC PE  6th Form Basketball Sports Hall PE  6th Form Girls Football Field PE	Warhammer S1 <b>Mr Turnbull</b>  Beths Singers 3:40-4:45pm P1 <b>Ms Marriott</b>	Beths Big Band 3:40-4:45pm P2 <b>Ms Marriott</b>
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# KEEPING YOUR CHILD SAFE ONLINE

All 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 devices which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## 10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

### AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

### CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

### BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

### ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

### MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

### TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

### THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

### STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

### USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

### BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

### Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *BBC Newsnight*, *Radio 5 Live* and the *ITV News at Ten*. He has two children and writes regularly about internet safety issues.



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