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Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER

Dear Parents, Carers,



Welcome back to our existing parents/carers and a warm welcome to our new Year 7 and Year 12 parents/carers. I hope you've all had a lovely summer break and that our scholars have had a good first week in school.

The first week back is always a shock to the system. No more lay-ins and back into a routine. Our Year 7 and 12 scholars had their own induction day on Tuesday 3rd, a chance to get familiar with the school environment before everyone returned. On Wednesday our scholars were given a school planner. This is to help with their organisational skills, writing any notes they feel important, reminders of homework required etc. Homework will still be displayed on Show My Homework, and subject resources will be on Microsoft Teams. Parents can view homework, attendance, behaviour reports via the School Gateway app.

On Thursday 5th we celebrated the 2023-2024 academic achievements of our scholars. We were honoured to have Dr Neil Gostling, former student of Beths (1987-1994), who gave a heartfelt presentation of his career journey since leaving Beths.



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From a Honors Degree in Botany and Zoology, to a PhD in Evolutionary Developmental Biology, researching into the earliest animal fossils to untangle preserved biology from half a billion years of geology! Dr Gostling lectures at the University of Southampton, he has authored and co-authored nearly 40 scientific papers published in Nature, Science, and many other high-profile journals. His work has been picked up by all major TV networks in the UK, with appearances on BBC News, ITV and extensive coverage in the print media. A career highlight of Dr Gostling was working with Sir David Attenborough, when he contributed to a documentary, broadcasted on BBC1 on New Year's Day, 2024: Attenborough and the Giant Sea Monster, about the newly discovered pliosaur in Kimmeridge, Dorset.

We were also delighted to welcome former Headteacher, Mr John Tobin, back to Beths. Mr Tobin, was the Headteacher during Dr Gostling's time at Beths and it was a touching reunion for them both.



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On Friday 6th we had our school photographer in to take photos of Years 7, 9, 10 and 12. Your scholar would have been given a QR code specific to them, so you can order your photos directly with the photographer.

On Monday 9th – Thursday 12th September, we will be hosting the out of borough Bexley 11+ test, in the mornings and afternoons, along with the other Bexley Grammar Schools. Unfortunately, due to the numbers that have been allocated to our school and with the current ongoing building works, we are having to place year groups out on remote learning for one day. We apologise for the inconvenience this may cause you and lessons will be delivered live via Microsoft Teams. The Year Groups out each day will be as follows:

Monday 9th = Year 13 ; Tuesday 10th = Year 8 ; Wednesday 11th = Year 9; Thursday 12th = Year 10



Monday 16th September – Year 11 Parents Information evening, 6pm-7pm, Main Hall

Tuesday 17th September – Year 10 Parents Information evening, 6pm-7pm, Main Hall

Thursday 19th September – ‘Welcome to Beths’ for Year 7 Parents 6pm-7pm, Main Hall

Thursday 26th September – ‘Welcome to Beths’ for Year 12 Parents 6pm-7pm, Main Hall

Thursday 26th September – Poetry Awards Evening in P3, 6pm

Tuesday 1st October – Years 7 -11 Flu Vaccinations

Kind regards,
Richard Blyghton



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REMINDERS

This year, we implemented our Mobile Phone Policy to create a focused learning environment. As a reminder:

- Year 7, 8, and 9 students are not permitted to use their mobile phones on site, except in rare cases directed by a teacher.
- Year 10, 11, 12, and 13 students may use their phones **only** when directed by a teacher or during recreational periods in designated 'phone zones' (the main hall and sixth form building).

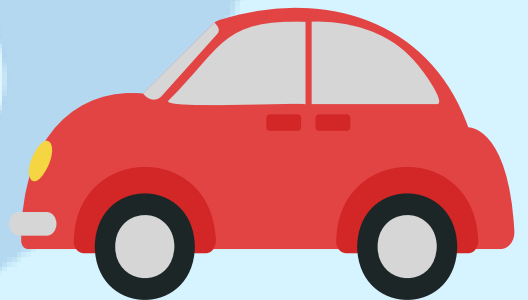
If a student fails to adhere to this policy, their mobile phone and/or earphones will be confiscated without warning.

To avoid any issues, please remind your scholar to communicate with you before entering the school grounds, if necessary. If they need to call home during school hours, they should go to the main reception, where a member of staff will assist them.



Important notice to all parents:

We encourage all our students to use public transport, to walk or cycle into school. If parents do decide to drop off and pick up using their cars, we ask that you avoid Hartford Road to help keep our students safe. Additionally, we kindly ask that you do not block local residents' driveways.



It has come to our attention that some parents are stopping at the roundabout on Bourne Road to drop off students. Please note that this is extremely dangerous. We urge all parents to refrain from this practice to help keep everyone safe.



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WELCOME BACK

On Tuesday, we welcomed our new Year 7 and 12 cohort to the Beths community with tours, icebreakers, and inspiring speeches from our Head Boy and Head Girl. A great start for students to meet peers, connect with teachers, and learn more about what it means to be a Beths Scholar!



We would also like to remind all scholars of our uniform requirements. Please help our scholars to look smart and be proud to represent their school.

Blazer	Single-breasted navy-blue blazer with official school woven badge	
Shirt	White shirt <i>To be worn tucked inside the trousers.</i>	
Tie	House tie	
Trousers	Plain grey or black trousers – <i>To be worn at waist length, a plain black belt can be worn if required.</i>	No PE kit to be worn under uniform
Jumper	Plain black, navy blue or grey V-neck jumper	
Socks	Plain grey or black socks 	No white socks
Shoes	Plain black leather shoes with a hard sole (black) <i>Kicker shoes are acceptable.</i>	No trainers or boots
Coat	Plain black, navy blue or grey coat with no markings that is large enough to be worn over the blazer.	



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A-LEVEL RESULTS DAY

Beths Grammar School in Bexley is celebrating excellent results achieved by its students today with 55% of all examinations graded A* to B.

These results have seen Beths students secure places at top universities including the University of Oxford; the University of Cambridge; Imperial College London; University College London and other Russell Group universities. Students are also progressing on to coveted apprenticeships with Goldman Sachs, Government Civil Service, Grant Thornton, Kesar, KPMG, Martin Arnold and McGees.

Students at the high-performing and co-educational Sixth Form have achieved strong results which reflect the hard work and commitment shown throughout their studies at the school.



While all students have done well, some of the stand-out achievements include:

- Elia who achieved 4 A*s in Economics, Mathematics, Further Mathematics and Physics and is looking to the University of Cambridge to read Economics.
- Dinu who achieved 4 A*s in Computer Science, Mathematics, Further Mathematics, and Physics and is going to Imperial College London to read Computer Science (AI and Machine Learning).



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A-LEVEL RESULTS DAY

- Alex who achieved 4 A*s in Computer Science, Mathematics, Further Mathematics and Physics and is going to the University College London to read Computer Science.
- Peter who achieved A*, A, A in Mathematics, Further Mathematics and Economics is going to the University of Cambridge to read Physics.
- Alongside this, five students intend to study medicine: Jebosa at the University of Nottingham, Beth at Brighton and Sussex Medical School, Mridul at the University of Aberdeen, Sheron at King's College London and Daniel reading veterinary medicine at the University of London.

A further three students achieved at least 3 A*s and 12 students achieved at least 2 A*s and one A grade. In addition, 16 students achieved at least 4 grade As or better, 29 students achieved at least 3 grade As or better and 47 students achieved at least 1 A* grade.



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A-LEVEL RESULTS DAY

Richard Blyghton, Headteacher of Beths Grammar School, said:

“We are exceptionally proud of our Sixth Form students’ achievements, which are hugely deserved and reflect the hard work and commitment they have shown throughout their studies at Beths in very trying times.

“Students studying at our popular Sixth Form are encouraged and supported to be forward-thinking, confident and motivated young people, who are ready to make their mark at university, in the world off work, and within wider society.

“As always, we are looking forward to watching what our 2024 cohort goes on to accomplish next, as they join our strong alumni network of former students who have achieved highly after their studies at Beths.”



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GCSE RESULTS DAY

Students at Beths Grammar School in Bexley are celebrating an excellent set of results today following the publication and awarding of GCSE grades.

Staff and students joined together to celebrate the exceptional GCSE achievements which have bucked the national trend and maintained the significant progress made since the pandemic, with over 40% of all examinations graded at either 8 or 9.

This high-performing grammar school has seen continued success, with some of the standout individual achievements, including:

- Nathaniel who achieved grade 9s in each of his 11 GCSEs
- 3 students, Mohamed, Michael and Michael, who achieved 10 grade 9s in each of their GCSEs.
- A further 4 students, Rizwan, Manav, Rehan and Feiming, achieved 9 grade 9s
- A further 12 students achieved 7 grade 9s in their GCSEs
- 35 students who achieved at least 5 grade 9s.

Many students are now looking forward to continuing their studies at Beths Grammar School's highly popular co-educational Sixth Form.



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GCSE RESULTS DAY

Nathaniel, Beths student, said:

“I’m really proud of my achievements, hard work truly has paid off.”

Manav, Beths student, said:

“I’m really grateful to have achieved these results and I’m really excited to start Year 12 at Beths Grammar School.”

Richard Blyghton, Headteacher at Beths Grammar School, said:

“We are very proud of all our students and the GCSE results they have achieved, which are hugely deserved. We are proud of their academic standards which will provide a robust starting point for their A level studies. The commitment, resilience and spirit they have shown over the past two years has been inspirational and their results are a testament to this. We look forward to welcoming them alongside other high-performing students from across South London and North Kent into our remarkable Sixth Form community.

“Not only are we celebrating the academic performances of our students today, but all the other excellent achievements they have enjoyed during their time with us, be that through sports, music, languages, or our house system and student leadership opportunities.



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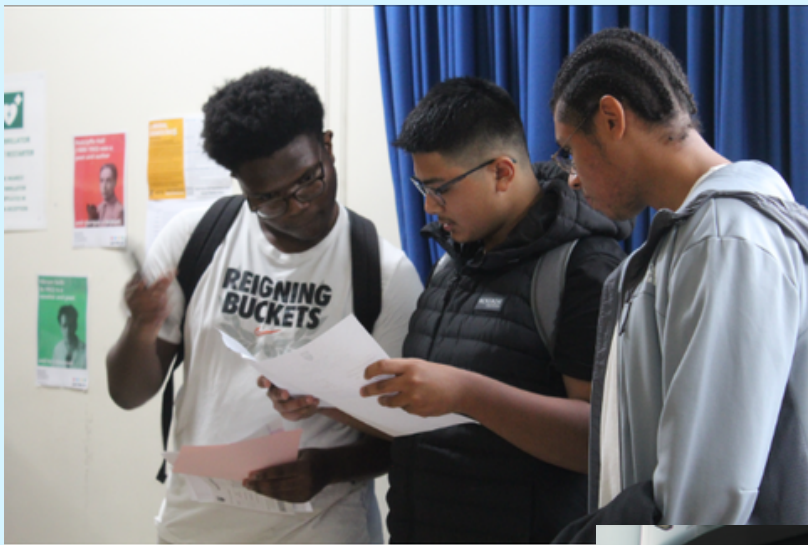
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GCSE RESULTS DAY

“I would like to thank all our students, their families, our staff and the wider school community for their ongoing support. We look forward to seeing our students progress on to the next stage of their education as they continue to fulfil their potential.”



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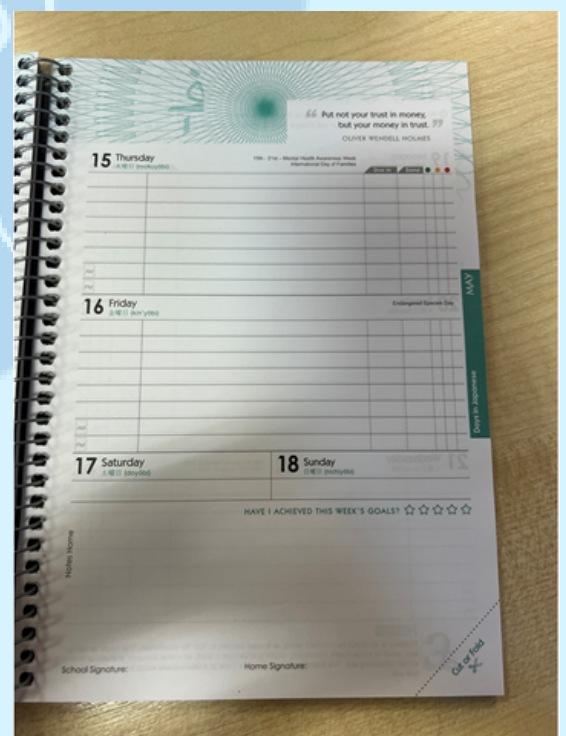
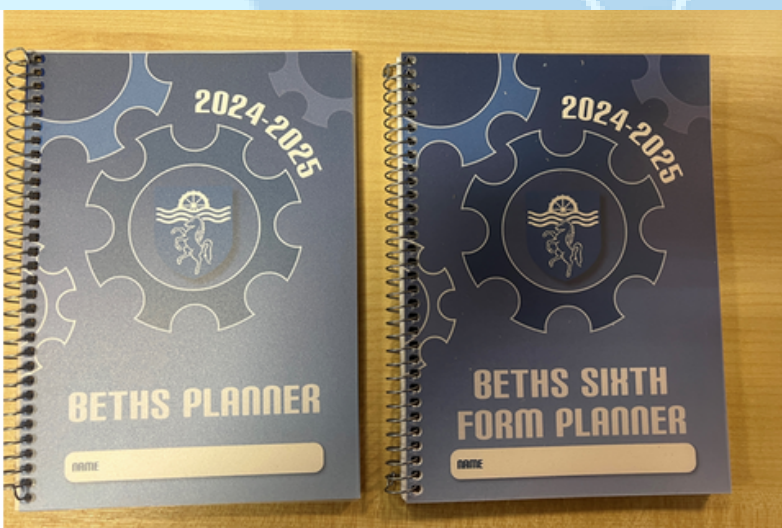
STUDENT PLANNERS

Upon their return to school this week, scholars in all year groups (including Sixth Form) have been issued with a school planner as below.

Please note the school planner should be used as an organisational tool by all scholars and the expectation is that it is signed weekly by parents/carers to confirm that homework has been completed and recorded properly. As we all know, only when scholars, parents/carers and the school work together can the best possible outcomes be realised, so we thank parents in advance for supporting this.

The school planner is now classed as essential school equipment and as such, scholars should expect a consequence if they continually fail to bring their planner to school. It should be on their desks in registration and lessons at all times and form tutors will be checking this daily.

We are very grateful to our school PA for supporting the return of the school planner this academic year and hope that it can be of great use to our amazing scholars in the forthcoming academic year ahead.



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SCHOOL MENU

MENU

INDEPENDENTCATERING | EDUCATERLIMITED

WEEK 2

MONDAY 9 SEPTEMBER

MAIN Chef's Summer Salads - see boards for details
MAIN Chef's Summer Salads - see boards for details (VEGETARIAN)



STREET FOOD OF THE DAY - CHINESE - Hoi-Sin Noodles with Prawn Crackers

DESSERT Fresh Fruit Salad

TUESDAY 10 SEPTEMBER

MAIN Our Specialty Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments



STREET FOOD OF THE DAY - MEXICAN - Spicy Nachos topped with Cheese and Jalapenos

DESSERT Banoffee Pie

WEDNESDAY 11 SEPTEMBER

MAIN Roast Lemon and Thyme Chicken Leg served with Roast Potatoes, Seasonal Vegetables and Rich Gravy
MAIN Squash and Bean One Pot, Garlic and Herb Dumplings, Roast Potatoes and Seasonal Vegetables (VEGETARIAN)



STREET FOOD OF THE DAY - INDIAN - Mixed Vegetable Biryani

DESSERT Pineapple Upside Down Sponge and Custard

THURSDAY 12 SEPTEMBER

MAIN Rich Beef Lasagne served with Garlic Slice, Chef's Slaw and Salad
MAIN Tomato and Herb Penne with Roasted Aubergine, Spinach and Feta served with Garlic Slice, Chef's Slaw and Salad (VEGETARIAN)



STREET FOOD OF THE DAY - ENGLISH - Giant Hand Made Sausage Roll with Spiced Potato Wedges

DESSERT Pear and Apricot Cobbler with Custard

FRIDAY 13 SEPTEMBER

MAIN Peri-Peri Chicken (Mild Herb and Lemon or Hot) served with Chips, Beans or Chef's Slaw and Salad
MAIN Handmade Margherita Pizza with Fresh Basil served with Chips, Beans or Chef's Slaw and Salad (VEGETARIAN)



STREET FOOD OF THE DAY - AMERICAN - Loaded Burger with American Cheese

DESSERT Choice of Home Bakes or Dessert Pots

AVAILABLE DAILY FRESH CHEF'S SALAD - WHOLE GRAIN BREAD - GRAB AND GO POT MENU PLUS A PLANT BASED MAIN COURSE EVERY DAY!

THE DELI

FRESH CUT SANDWICHES - ROLLS - WRAPS - PITTAS - BAGUETTES
SEE THE BLACK BOARDS FOR SOUPS, THEME DAYS AND THE CHEF'S SPECIAL

IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING

WE ONLY USE



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KEEPING YOUR SCHOLAR SAFE ONLINE

Keeping your scholar safe online

As a new academic year begins we are sharing some useful links for parents and carers online safety:

[Keeping children safe online | NSPCC](#)

[Use Parental Controls to Keep Your Child Safe | NSPCC](#)

[Parents' Guide to Age Ratings](#) explains how the British Board of Film Classification rates content, and gives parents advice on choosing online content well

[Thinkuknow](#) by the National Crime Agency - Child Exploitation and Online Protection command (NCA-CEOP) - resources for parents and carers and children of all ages to help keep children safe online

[Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety

[UK Safer Internet Centre](#) - tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#)

[Moving to secondary school: Online safety guide - Internet Matters](#)

[Media literacy at secondary school safety guide | Internet Matters](#)



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KEEPING YOUR SCHOLAR 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.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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