

BETHS VIP

Excellence - Community - Respect - Nurture

MESSAGE FROM THE HEADTEACHER



Dear Parents, Carers,

Term 3 has flown by, and January seems a long time ago! We have covered quite a bit in the last week of this term. More to celebrate with student success with the recent Grammar School Maths Challenge, where two of our students ranked third nationally in their respective Key Stages (KS4 and KS5).

On the Tuesday 7th February we were delighted to welcome GB Athlete Tommy Ramdham. Tommy, a local resident, delivered an assembly to Key Stage 3 on how he became an Athlete (track and field) and his experiences in participating in the European Athletics Championships and spent time with each year group during a PE lesson, getting students involved in the training exercises he endures!

It is good to see more school trips taking place. Recently a group of students visited the first permanent LGBTQ+ museum in London and attended Heathers the Musical, as part of celebrating LGBTQ+ month. Our A Level and GCSE Drama group also attended the theatre to see Agatha Christie's Mousetrap.

Week commencing the 6th February was National Apprenticeship Week, the Careers team gave a variety of information and resources to all students and were pleased to welcome back some former students to talk about their experiences on a degree apprenticeship route to Sixth Form students.

Harvey and Victor spoke about their degree apprenticeship in Software Engineering at Morgan Stanley; Lauren spoke about degree apprenticeship opportunities At Ernst Young; Madeleine spoke to Biology and Chemistry students about the Public Health apprenticeships within the NHS and Joe spoke about his Civil Engineering apprenticeship with Wentworth House and London South Bank University. It was a great insight for our students to hear from former students and what opportunities are out there for them.

Finally, a plea. We are looking for parent volunteers to help drive the school mini bus for our PE fixtures. More information can be found in this VIP if you are able to assist.

Have an enjoyable half term break.

Kind regards,
Richard Blyghton



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A SCIENCE CONFERENCE IN BOULDER, COLORADO

-BY HARVEY 9B

Last year I went on a trip with my Dad to America. He took me to a science conference in Colorado so I could see some talks by lots of different researchers about new discoveries and things that have happened in the past year. I saw thick snow fall in the Rocky Mountains one day after it had been 30 degrees centigrade. And on the way there we took part in a big run across San Francisco.

I saw a lot of homelessness, particularly in San Francisco. There were people sleeping everywhere or moving around with shopping trolleys containing all their possessions. For me, it was quite a shock, since homelessness is not as prominent in London. At the same time, some of the other striking things about America were the huge sizes of the food portions, the big, fancy cars and the big houses/hotels. The US seemed to have both extremes right next to each other.

The GoldLab Symposium - a Scientific Research Conference

A science conference is where a group of people get together to talk about their research discoveries and breakthroughs. There were some interesting talks about the discovery of new medicines, rare diseases, climate change and economics.

My Dad was there because he works on the discovery of new medicines. He gave a talk in a previous year, so he was invited back to listen. The conference is run by a guy called Larry Gold who made a lot of money from a science discovery he made and he now spends some of it bringing people together for this conference.

Between the talks you have snacks and talk to people, and then at the end we had some cool dinners where people talked even more...



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A SCIENCE CONFERENCE IN BOULDER, COLORADO

-BY HARVEY 9B

At first I assumed that the conference presentations would involve massively over-leveled science that I would not understand in the slightest. Some of the talks were actually very hard to understand. For example, there was a talk on the “protein folding problem” that was pretty high level. However, there were other talks that I



really enjoyed. One was a talk from a man called James Robinson about the economics of medicines and how much a drug should cost: something that includes a certain amount of money that would allow the funding of all the research and development while making sure that people can afford the drugs and that the scientists can still receive a profit. A second interesting talk was on the current situation of Russia and Ukraine from the perspective of a man called Tim Snyder, who has friends in Ukraine. He was talking about how Putin has full control over the Russian media and how Russia is also taking resources from Ukraine. A question was asked from the audience about whether Russia would win the war due to the threat of their nuclear weapons, however it was said that countries or places with nuclear weapons have not historically always won wars. The last talk that I enjoyed tremendously was by a man called David Fajgenbaum about how he contracted a condition called Castleman’s disease when he was a major athlete. Castleman’s is a very rare disease; he talked about how there was no cure, so he had to go and find a cure for himself. It’s quite a story and you can read about it in a book called “Chasing My Cure”.



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A SCIENCE CONFERENCE IN BOULDER, COLORADO -BY HARVEY 9B

The San Francisco Bay to Breakers Run

On the way to Colorado, during our stay in San Francisco, my Dad and I went on the Bay to Breakers run. This is a 12k running race across the city, from the Bay (near the famous Bay Bridge) right across to the Pacific Ocean. It was very exciting, because at the beginning of it, you were allowed to throw tortillas at each other. It became a sort of food fight, with tortillas and burritos flying everywhere. This is an event that takes place once a year. You're allowed to wear whatever you want. Since it was my first time, I wore my running gear but there were people with costumes as animals or even vegetables. There were a few proud people who decided to run naked through the city. I am generally quite good at running long distances, so I was fine until I reached a hill known as "Heartbreak Hill". I managed to run all the way up without stopping, however I was pretty tired after that. Once you complete the run, they give you a banana, a bottle of water, a medal and a T-shirt, so it was funny to see crate loads of bananas and thousands of medals. Then, my Dad and I went to put our feet in the Pacific breakers, to mark the end of it.



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STUDENT CELEBRATIONS

On Friday we held a small celebration breakfast for all the top progress Year 11 students and the Year 13 students who received an offer from Oxbridge, London School of Economics and Imperial College London. Congratulations to all and well done for all your hard work!



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GRAMMAR SCHOOL MATHS CHALLENGE

Congratulations to all our Grammar School Maths challenge participants and winners. You have done a wonderful job and you should be so proud of yourself.

We would specifically like to highlight Both Daksh and Komi who were ranked third nationally in their respective key stages, which is of course and incredible achievement.

Key stage 3

1st:

Oluwanifemi A - 210

Vincent Y -210

2nd:

David S - 205

Harvey T- 205

3rd:

Owais A- 195

Key stage 4

1st:

Daksh S - 210

Feiming Y - 210

2nd:

Luke R- 180

3rd:

Ruan B- 170

Key stage 5

1st:

Komi E- 265

2nd:

Lukas T- 260

3rd:

Liam M- 165



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GB ATHLETE TOMMY RAMDHAM COMES TO VISIT

On Tuesday 7th February we were lucky enough to have GB athlete Tommy Ramdhan join us to deliver an assembly to KS3 and sports sessions throughout the day. Tommy is a successful 100m and 200m sprinter, winning medals in British and European Championships, and is currently training in Dubai in hope of attending the 2024 Olympics in Paris. Tommy delivered a very inspirational assembly to the whole of KS3, where he spoke about his journey and what it takes to succeed, followed by a Q&A session from the students. The sports sessions in the sports hall were fun but intense, giving the students an insight to what elite sport entails. At the end of the sessions Tommy, who grew up in Bexley and attended Hurstmere School, was able to share his experiences and answer any further questions, whilst students passed around some of his medals. Overall, it was a fantastic day for the students, who hopefully felt inspired and motivated to continue to work hard and achieve their dreams!



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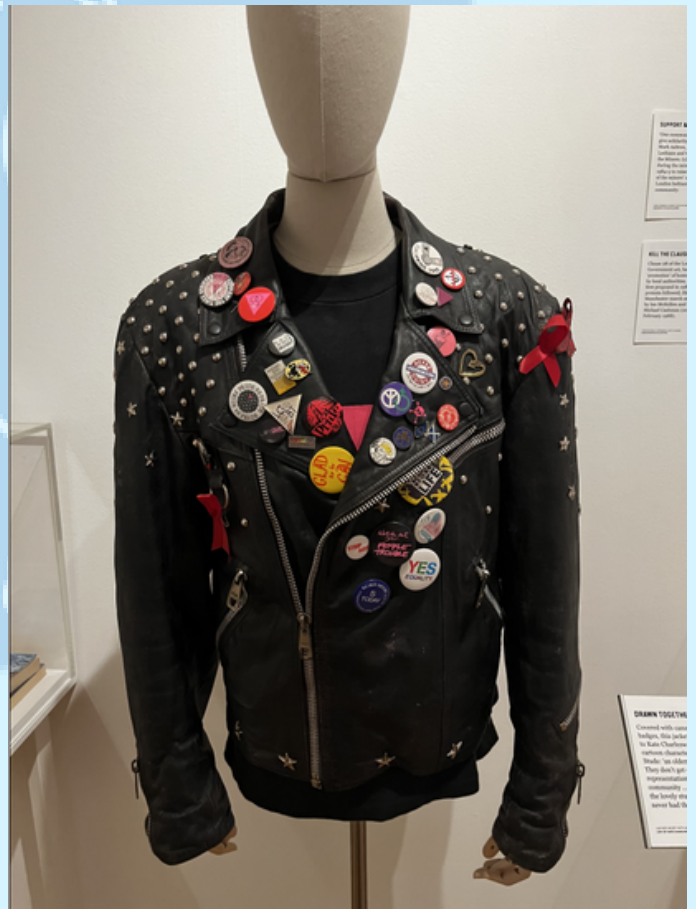
STEM CLUB

This was the 4th week of our Desert Island Project as part of STEM Club. Student made ropes out of recycled plastic bags and tested their ropes tensile strength using slotted masses. The students successfully created ropes that could hold maximum weights, congratulations to all and we look forward to the next activity after half term.



LGBTQ+ TRIP

On Thursday, 2nd February, a group of students, Ms Harris and Mr Stein journeyed up to London for an enjoyable afternoon and evening exploring and celebrating queer history and culture in honour of LGBTQ+ History Month. We started by visiting Britain's first permanent museum dedicated to LGBTQ+ history, Queer Britain, which has excellent displays on the rich and diverse history of the LGBTQ+ community and the contributions that they have made to society in art, politics, fashion, literature and social change. This was followed by a visit to 'Gay's the Word' bookshop, the oldest LGBTQ+ bookshop in London, dedicated to displaying and housing an impressive collection of literature featuring LGBTQ+ authors and characters. After a delicious dinner, we ended the day with 'Heathers the Musical', a darkly humorous cult classic and very popular within the LGBTQ+ community.



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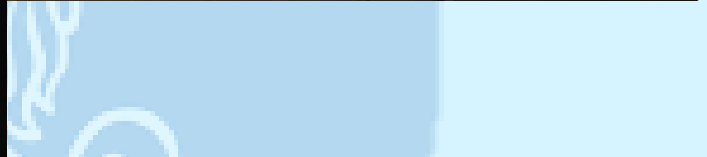
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LGBTQ+ TRIP

LGBTQ+ History Month has already kicked off at Beths with a series of assemblies issuing a challenge to students to educate themselves on LGBTQ+ history, culture and important figures this February. We will continue to celebrate the month with a series of events so get involved and watch this space!



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THEATRE TRIP

On Wednesday 8th February our GCSE and A Level Drama students went to see the West Ends longest running show - The Mousetrap. During the interval everyone shared their suspicions on who had committed the murder only to be completely surprised by the end of the show. The Agatha Christie story set in the 1950s kept the audience laughing and on the edge of their seats trying to become detectives themselves to work out who the killer was. A brilliant evening was had by all.



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MUSICIAN OF THE WEEK

This weeks Musicians of the Week is... Ewan, Year 10

Here is an excellent video of Ewan playing a popular tune on his guitar. Congratulations Ewan and well done for all your hard work, you sound wonderful!

Link to video: <https://www.youtube.com/watch?v=UXtiPwdcM-E>



Any student who would like to be featured in the Beths 'Musician of the Week', whether it be a group or solo performance or a composition, please send your entries to Ms Marriott mymarriott@beths.bexley.sch.uk



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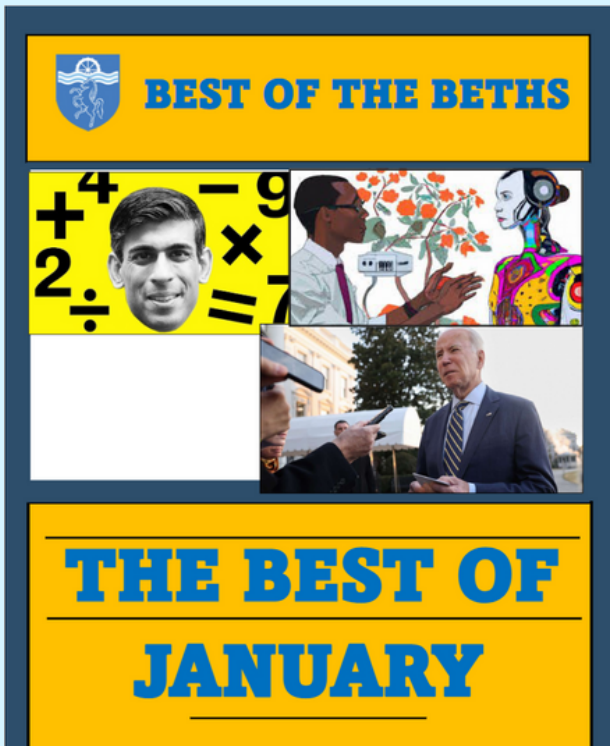


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BEST OF THE BETHS

The January issue of Best of the Beths student newsletter is now available to be viewed by following this link

<https://www.beths.bexley.sch.uk/page/?title=Best+of+the+Beths+Newsletter&pid=403>




BEST OF THE BETHS

THE BEST OF JANUARY

New Year, New Me: Motivation or Delusion?

by Ronnie 10H



The popular phrase 'new year, new me' - used, evidently, at the start of a new year - is something that has circulated about for decades, implying that the individual stating said phrase is planning to change themselves and their habits, usually in a positive manner, in the upcoming year. But, truthfully, how effective and lasting is this?


Why should we have to wait for a brand-new year to re-evaluate our life and decipher how to remove all negativity, subsequently bettering ourselves? Are we, as humans, capable of shifting personalities and our goals suddenly overnight? The direct answer is no. We find the problem of the 'new year, new me' notion in its longevity — while we may feel overly motivated in the first few days of the year, this excitement usually fades upon the oncoming weeks — this being due to our lack of being able to see past external factors. An example of this is someone setting their 'new year, new me' goal as 'becoming a nicer person'. Instead of trying to present themselves as a kinder person, they should look at the internal factors causing their negativity (such as their home life, schedule or friend group), and then sort those out in actual attempts to work towards providing genuine affection. Otherwise, this facade would soon wear off and they'd retreat to their old ways — this same thing being applicable to things like weight loss, screen time and addiction alike.

Expanding on a point stated above, waiting for a new year in order to begin changing yourself and the things around you seems pointless. If you fall into the habit of doing this every year, you will never make actual progress. The solution to this is to take action on something when you first identify it; don't allow it to sit there waiting for the next year of which you have off-putted it to, then the next year, then the next year, and so on so forth.

So, in your opinion, do you believe using the 'new year, new me' phrase portrays delusion or genuinely sparks motivation? Both sides have valid arguments: though, at the end of the

AI makes humans and homework obsolete

by Victor 10H



Artificial Intelligence, or AI, has always seemed like at distant vision in the far future. Well, the future is finally here, and has been for some time, although it has been in development way from the public eye. The 2020s will be the turning point of computer intelligence, as many forms of AI have been already released for use by the public. I don't even have to type up with my hands this article anymore; I am using the voice dictation feature on Microsoft Word. There have been many forms of AI that can seemingly create art at the same level or even surpassing any freelance artist on earth. However, the most advanced form of AI are extremely sophisticated chat bots that many of you must have tried out at some point. The most prominent of these is a website called ChatGPT, which can do anything you want in the literary world, from writing an essay on Jekyll and Hyde, to giving a detailed analysis of historical events, such as Hitler's rise to power, to even writing poems and songs in a variety of different languages, from English to Mandarin to Spanish.

Artificial intelligence is able to learn at a much quicker pace than any human could ever achieve; this is ultimately what gives the AI the advantages that allow it to leap over humanity as a whole. After all, there is the story of how an AI managed to beat the best chess player on earth, but the creator of the computer intelligence was easily beaten by the Grandmaster. This goes to show that AI is not limited by its creator, and if it gains enough unregulated and uncensored knowledge, we could very well end up in a classic 'Terminator' situation. However, it is not good to speculate, and much better to focus on the facts. Although AI can outsmart the smartest person on earth and is more efficient than the most productive factory worker, it still lacks consciousness for the foreseeable future, and this fact is what determines our edge over our creations. Jobs requiring debate and creativeness will remain a very human job for a very long time, which still leaves us with plenty of career options including

'Kaleidoscope' Review

By Samir 10C



When I came across a show that 'you could watch in any order' I was instantly intrigued. So, when I saw a new concept of making a TV show that hadn't been done before at such a large stage, I instantly binge-d the show — and I would say that I was definitely disappointed.

For a show that had so much potential, I believe that it fell short rather dramatically. Kaleidoscope could definitely be a 2 hour stand alone film with a bit of cutting to the significant filler in the show. There are many side stories and backgrounds some of which handily contribute to the plot of the story and fit in nicely to the narrative that give the audience a moment to say 'I remember that from episode 3', however, most of these storylines do not pay off in a satisfying way and rather are just boring and non-essential context.

I think that the least enjoyable part of this show was the ending which was not really linked to the main enjoyable theme of the show. Additionally, a significant part of the characters do not reach satisfying or interesting conclusions — as if they show writers decided to cut the character arcs short before they needed to end.

While this review seems quite negative, I did enjoy some aspects of this show such as the parts focusing on the actual heist and I think that the production/ set up of the heist were really quite good. If you enjoy heist films and TV shows you will enjoy this part of the show especially the final episode 'White' and the episodes focusing on the days before the heist, I think that these episodes are the best the show has to offer.

Overall, Kaleidoscope is enjoyable and has good parts to it; namely the episodes focusing on the actual heist itself. For those who love the crime and heist genre this mini-series is definitely worth giving a go — you might hate it, or you may end up loving it. I



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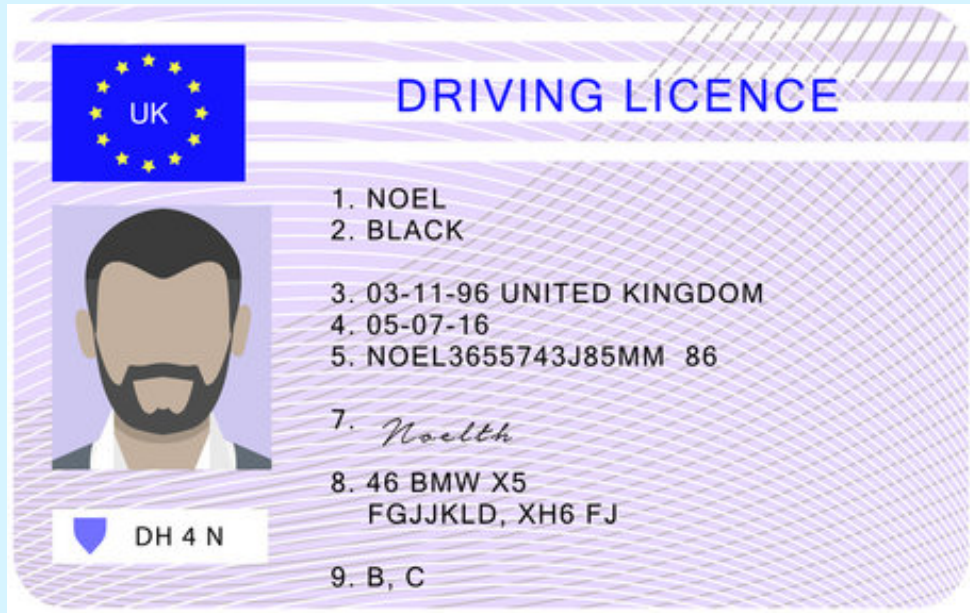
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VOLUNTEER DRIVERS NEEDED

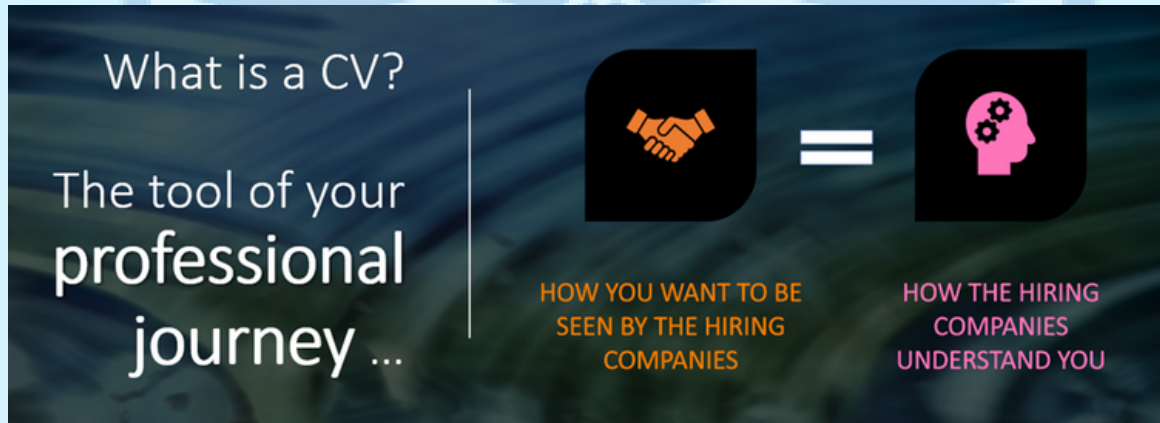
We are currently looking for volunteers who hold a valid D1 Drivers Licence to help drive the school's mini bus to and from sporting fixtures. For more information or to register your interest, please contact fixtures@beths.bexley.sch.uk



CAREERS DEPARTMENT

Year 11 Employability Skills

On 20 and 25 January we ran two sessions for our Year 11 students on CV writing and Interview Skills. We were lucky enough to have outside speakers, Rux Dariescu and Cophia Yau, who kindly ran these workshops for us. Both Rux and Cophia are experienced professionals, who also happen to be parents of students at Beths! Of the students who responded after the events, 77% gave the session on CV Writing at least four out of five stars, and 72% said that learning about Interview Skills was extremely or very useful.



The students enjoyed practicing a good handshake.

CAREERS DEPARTMENT

Work Experience

Well done to those Year 12 students who have already found work experience placements for July at architect and law firms, within investment, design and technology companies, the Department of Transport and even the office of a local MP. The deadline for Year 12 students to find work experience is Monday 17 April.

On Thursday 26 January we launched Year 10 Work Experience to students and parents.

We believe a period of work-related learning gives students the chance to see what a real working environment is like as well as the opportunity to develop key skills that they will need in their working lives. The week-long placement is compulsory for all students and is taking place from Monday 9th to Friday 13th October 2023. It is the responsibility of the students to find their own work experience and the deadline is Monday 5 June. One amazing student has already secured a placement! Any students not finding their own work experience will be allocated a school-found placement. However, we would strongly advise all students to find their own placement, as the school-found placement may not match the interests and aspirations of the student.

As well as the student and parent briefing the Year 10 students were also shown a presentation by our Year 11 Careers Prefects, who completed their placements last October. The PowerPoint includes tips on finding work experience, interviews, what to expect during your placement and issues like a train strike that might surprise you. The Careers Prefects also shared reflections on their work experience at a pharmacy and in the office of Sadiq Khan, the Mayor of London.



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CAREERS DEPARTMENT

How to find work experience

There's multiple different paths you can choose when it comes to work experience:

- **Walking in:** Sometimes going into the place of work and talking to a potential employer is the best option as it provides an insight to how you present yourself, potentially giving you a good chance
- **Networking by contacting a family friend:** The connections that your family members might have can put you in a great position and you should definitely take advantage of that as much as possible
- **Online:** Searching for a wide range of options online is a great way to gather potential placements, especially from a variety of different career paths. Creating a shortlist increases your chance of finding a placement
- **Placement by school:** If you're struggling to find a placement, the school will find a place for you but this might be a field you're not particularly interested in therefore finding your own placement is probably the best option



National Apprenticeship Week 6-10 February 2023



An increasing number of our students are interested in apprenticeships, and National Apprenticeship Week gave us a great opportunity to explore this pathway.

Did you know that 90% of apprentices go into work or further training after finishing their apprenticeship, and 64% continue working with the same employer?



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DEGREE APPRENTICESHIPS



There are almost 90 universities who partner with employers to offer degree apprenticeships, including the Universities of Exeter, Warwick and Queen Mary's London, all of whom are Russell Group.

Apprenticeship Alumni!

A number of former students are doing apprenticeships and were kind enough to come and share their experiences with our students.



Harvey Maunders and Victor Adegbesan are Software Engineering degree apprentices at Morgan Stanley, studying towards a degree in Digital and Technology Solutions at Queen Mary University of London. They were able to pass on valuable insights and tips into the application and interview process to year 12 and 13 students.



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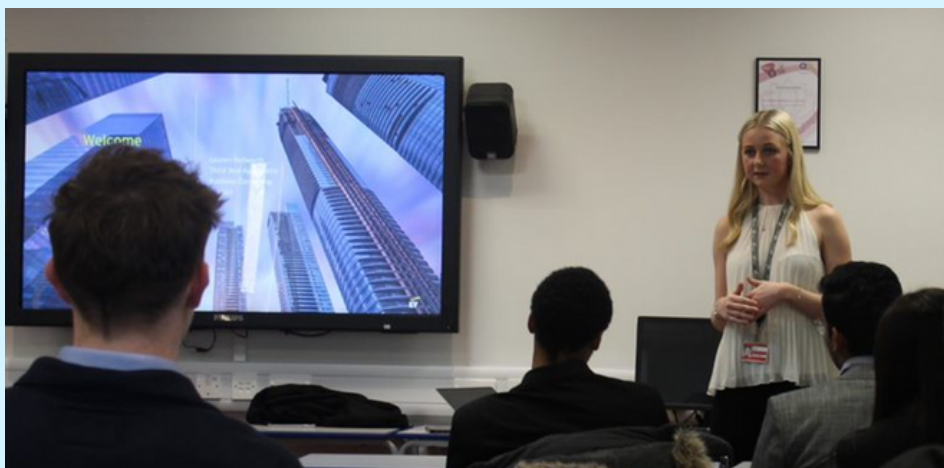


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CAREERS DEPARTMENT



Lauren Hallworth is currently a Level 5 Business Remediation Consultant with Ernst and Young. She spoke about the opportunities for degree apprenticeships at EY in tax, consulting, assurance,

and transactions. Since starting her apprenticeship she has worked on remediation projects involving a large UK Pension and Life Assurance Company and a Global Retail and Commercial Bank, with individual compensation payments over £20 million. Her description of the 7-stage interview process that she had to go through to achieve her position at EY hopefully dispelled any thoughts that apprenticeships are for people who can't get into university!

Former Beths Head Girl Madeleine Smith is Population Health Intelligence Officer apprentice with the NHS. Her degree apprenticeship in Public Health is with



is with Bromley Healthcare and the University of Coventry. She spoke to Year 12 Biology and Chemistry classes about her multidisciplinary role and the many areas that Public Health covers: from paramedics to physiotherapists, AI to Advanced Nurse Practitioners, Rapid Response Units, Home Health and rehabilitation, communication and messaging to virtual wards.



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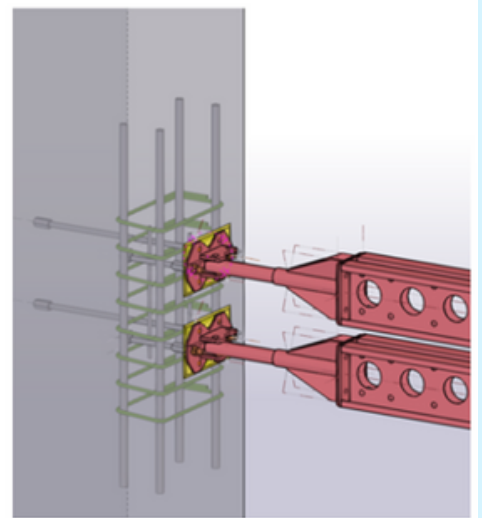
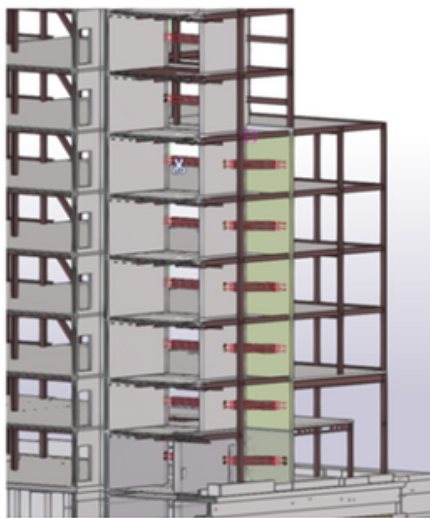
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Joe Rees spoke with Year 8 and Year 12 Geography classes. Joe is doing a Civil Engineering apprenticeship with Wentworth House and London South Bank University. He is a member of the Institute of Civil Engineers and has worked on different projects including 100 Fetter Lane and the Greenlink Converter project.



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THE TWEEN AND TEEN SURVIVAL GUIDE

Jo Mitchelhill and Fay Fox will be holding a 2 hour workshop for parents.

Date: March 4th or 25th

Time: 10am - 12pm

Venue: Hurst Community Centre, Hurst Place, Hurst Road, Bexley, DA5 3LH

Price: £25 per person

Link for tickets: <https://www.eventbrite.co.uk/e/the-tween-teen-survival-guide-parent-workshop-tickets-529591942757>

This is an immersive 2 hour workshop for parents who may be fed up with:

- Continual shouting and door slamming
- Lack of communication
- Pushing boundaries
- Not coming home when agreed
- Feeling overwhelm and frustration with their teen/tween challenging behaviour and big emotions

During the workshop we will discuss:

- Teen Anxiety
- Challenging behaviours and what to do about them
- Teen brain
- How to support your teen/tween through challenges
- How to keep communication going through the teen years.
- Emotions and how to navigate them



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THE TWEEN AND TEEN SURVIVAL GUIDE

Parents will leave with strategies and tools that will help them navigate the often-turbulent times parenting teens and tweens so that they have a more harmonious, peaceful household, where everyone feels heard, valued and have stronger relationships.

Jo Mitchelhill is a Parent and Family Coach who has over 30 years experience working with teens and tweens as a teacher, foster carer and parent. Her background is therapeutic and positive parenting with a deep working knowledge of trauma and its impact on family life. She is a contributor to The Times, The Independent, The Metro, Netmums and is a guest speaker on many parenting podcasts.

Faye Cox is a Confidence Coach and NLP Practitioner, who has written an award winning book – Making Sense of Me. She works with young people helping them make a better sense of who they are and the world around them.

"The Tween & Teen Survival Guide"
Parent Workshop

Brought to you by Faye Cox - Teenage Confidence Coach
&
Jo Zwierzchaczewski-Mitchelhill - Parent & Family Coach



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WORLD BOOK DAY

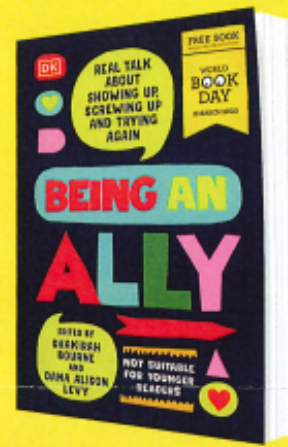
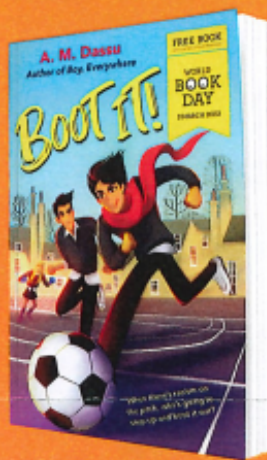
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**BOOK
DAY**

2 MARCH 2023

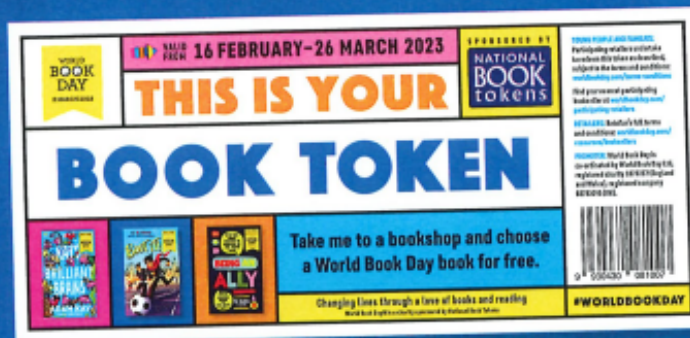
Join us on
2 March 2023



WORLD BOOK DAY



SCAN the QR code to get your World Book Day book token!



Get one of
these books
for FREE with
your token.

TOKENS VALID:

Thursday 16 February – Sunday 26 March 2023

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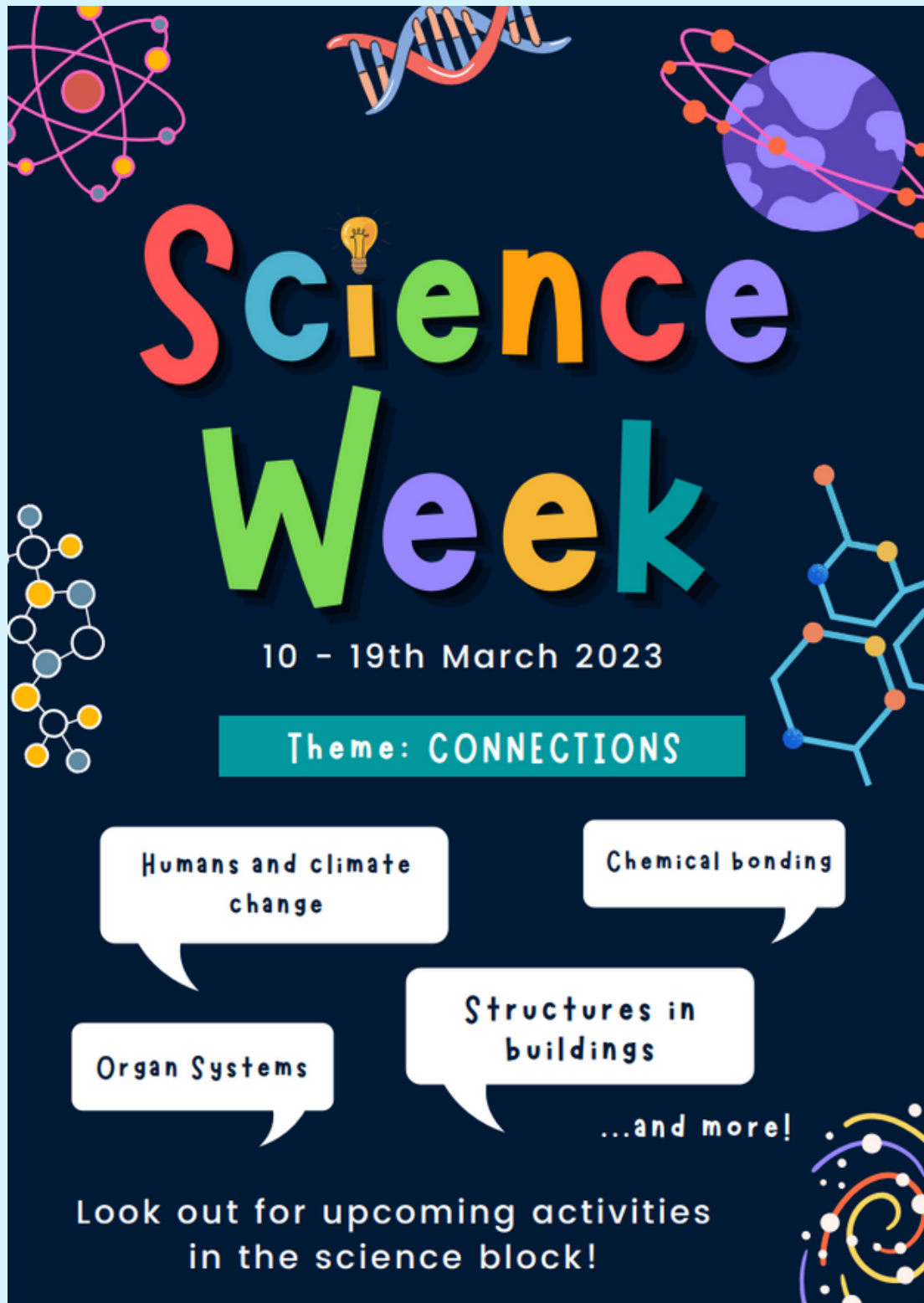
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SCIENCE WEEK

During the week of 10th - 19th March, we will be celebrating Science Week. There will be a range of activities put on by the science department for all year groups, including a KS3 poster design competition.



Science Week

10 - 19th March 2023

Theme: CONNECTIONS

Humans and climate change

Chemical bonding

Organ Systems

Structures in buildings

...and more!

Look out for upcoming activities in the science block!



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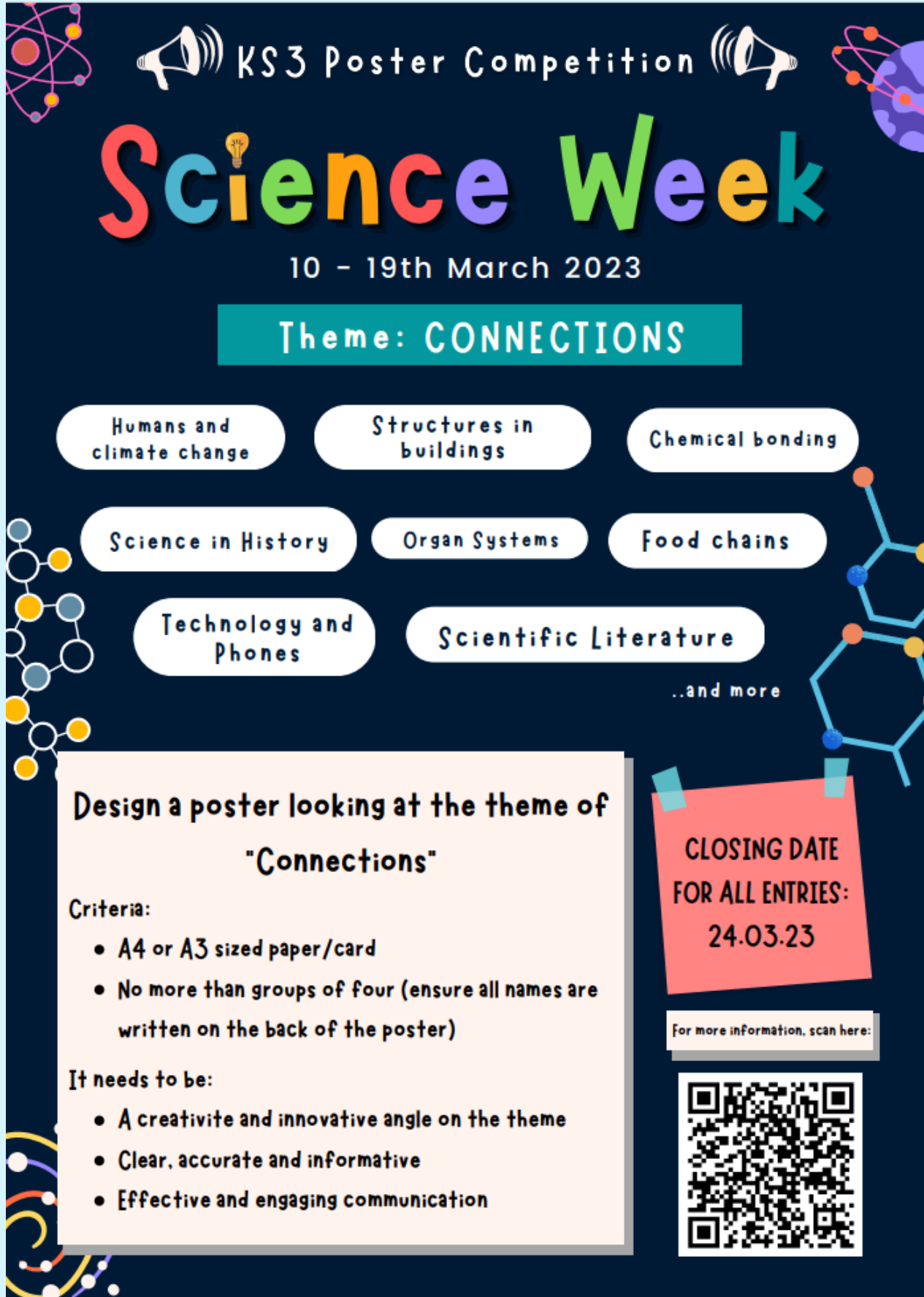


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SCIENCE WEEK



The poster features a dark blue background with various scientific icons like atoms, a globe, and a lightbulb. The text is arranged in a clear, hierarchical manner, with the theme 'CONNECTIONS' highlighted in a teal box. A central white box contains the competition details, and a pink sticky note indicates the closing date. A QR code is provided for more information.

KS3 Poster Competition

Science Week

10 - 19th March 2023

Theme: CONNECTIONS

Humans and climate change Structures in buildings Chemical bonding

Science in History Organ Systems Food chains

Technology and Phones Scientific Literature

..and more

Design a poster looking at the theme of "Connections"

Criteria:


- A4 or A3 sized paper/card
- No more than groups of four (ensure all names are written on the back of the poster)

It needs to be:

- A creative and innovative angle on the theme
- Clear, accurate and informative
- Effective and engaging communication

CLOSING DATE FOR ALL ENTRIES: 24.03.23

For more information, scan here:



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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	
Lunch	French Club EVEN WEEK S19 Ms James Spanish Club EVEN WEEK S16 Ms Bridge Reading Club EVEN WEEK B5 Ms Monteith U14 Basketball Sports Hall Year 8 Rugby Field	LGBTQ+ Society S18 Mr Stein Drama Club P3 Ms Monteith Year 7 Basketball	Eco Club ODD WEEK A4 Mr Glendinning Humanities club EVEN WEEK M2 Ms Palmer Music Appreciation 12:15-12:45pm P2 Y8 Dungeons and Dragons DandT Hub Ms Commerford Collegium Antiquum 12.15 start S19 Mr Simpson	Connect Club EVEN WEEK B4 Ms Takeda KS3 Badminton Sports Hall	DT Club A9 Mr Knott Manga Club ODD WEEK B4 Ms Takeda* Animation Club A3 Ms Twinem Creative Writing ODD WEEK B2 Lady Irving-Gale Music Support Session 12:00-12:45pm P2
After School	Run Club School Field Mr Walter Beths Youth Band 3:40-4:45 P1 ** Group Piano lessons 3:30-4:30 P2 Year 7 Rugby Field STEM Club Y7 S12 Ms Sarker	Memrise Clinic S16 Ms Bridge Music Enrichment - Audition only Orchestra 3:40-4:45pm in the Main School Hall Year 8 Rugby Field Year 9 Rugby Field	Theatre Production 3.45-4.30 P3 Ms Grady* Year 7 Football Field ** Violin Club: 3:30-4:00 beginners; 4:00-4:30 intermediate in P2	Warhammer S1 (3.40 start) Mr Turnbull Beths Singers 3:40-4:45pm P1 Year 9 Football Field U14 Basketball Sports Hall	U13 Basketball Sports Hall Beths Big Band 3:40-4:45pm P2

KS4 Clubs

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

CLUBS AND EXTRA CURRICULAR ACTIVITIES

KS5 Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 8.30am				Gym Club (Max 15 people) - Weights Room Mr Webb	
	<p>Tap and Rap 1:10-1:45pm - P1 Ms Marriott</p> <p>History Club (EVEN WEE) - M5</p> <p>Chess Club - A2 Mr Healy</p> <p>Muslim Prayer group- C3 Mr Ahmed</p> <p>KSS Chemistry Club - S8</p> <p>KSS Physics Olympiad Club - S1</p> <p>Gender Equality Society - A7B Ms Ewing</p>	<p>Philosophy Society (ODD WEEK) - M2 Ms May and Ms Moffat</p> <p>Muslim Prayer group - C3 Mr Ahmed</p> <p>Computer Science interview prep - S1 Mr Beaney</p>	<p>Eco Club (EVEN WEEK) A4 Ms Purbrick and Mr Glendinning</p> <p>Music Theory Club at 1:10pm-1:45pm - P1 Ms Marriott</p> <p>Poetry Club (EVEN WEEK) - B1 Dr Easton</p> <p>English Revision Club (ODD WEEK) - B5</p> <p>Muslim Prayer group - C3 Mr Ahmed</p> <p>Reading Club (ODD WEEK) - B5 Ms Monteith</p> <p>KSS Maths Olympiad Club - B12 Mr Khalid</p> <p>Personal Statement Clinic - LRC Mr Beaney</p>	<p>Group Therapy* - C4 Denise Brett-Smith</p> <p>Music Revision 1:10-1:45pm - P1 Ms Marriott</p> <p>Psychology Club - MCC Mr Walsh and Ms Moffat</p> <p>Debating Club - M4 Mr Chamberlain</p> <p>Muslim Prayer group - C3 Mr Ahmed</p> <p>Yu-Gi-Oh Club - A5 Mr Walter</p> <p>Informatics Olympiad club - IT1</p> <p>BMAT physics support for Medics - S0 Mr Beaney</p>	<p>LGBTQ+ Society (ODD-S19, EVEN S15) Ms Harris</p> <p>Social Sciences Reading Club FIRST (ODD FRIDAY OF MONTH) - M4</p> <p>Film Club - B6 Ms Quinn and Mr Russell</p> <p>Muslim Prayer group - C3 Mr Ahmed</p> <p>Multi-Cultural Committee - MCC 1-1.30pm</p>
Lunchtime					
			<p>Music Technology Club Venue TBC Ms Marriott</p> <p>1st XI Football PE</p> <p>2nd XI Football PE</p> <p>6th Form Basketball Sports Hall PE</p> <p>6th Form Girls Football PE</p> <p>** Violin Club: 3:30-4:00 beginners; 4:00-4:30 intermediate in P2 Ms Marriott</p>	<p>Warhammer S1 Mr Turnbull</p> <p>Beths Singers 3:40-4:45pm P1 Ms Marriott</p>	<p>Beths Big Band 3:40-4:45pm P2 Ms Marriott</p>
After School/ Wednesday P3	<p>** Group Piano lessons 3:30-4:30 P2</p> <p>Engineering A6 Mr Morgan</p>	<p>Girls Rugby Field Ms Ewing</p> <p>Orchestra 3:40-4:45pm in the Main School Hall Ms Marriott</p>			



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SPORTS FIXTURES AND RESULTS

Results for week commencing 6th February 2023

FOOTBALL					
03.02.23	Area Cup	U13B	V St Paul's Academy	Away	Won 0 – 1
03.02.23	Area Cup	U12B	V St Paul's Academy	Home	Lost 0 - 13
06.02.23	Area Cup	U13B	V Hurstmere Foundation School for Boys	Home	Won 3 – 1
08.02.23	KSFA SF	2 nd XI	V Norton Knatchbull Grammar School	Away	Won 1- 4
08.02.23	KSFA SF	1 st XI	V Norton Knatchbull Grammar School	Away	Won 0 - 7
BASKETBALL					
02.02.23	Kent League	U13A	V Trinity CofE School	Home	Won 36 - 65
06.02.23	National Cup	U14A	V Ormiston Park Academy	Away	Lost 67- 58
07.02.23	National Cup	U16A	V Ormiston Park Academy	Away	Lost 90 - 53
09.02.23	Area Cup	U14A	V Gravesend Grammar	Home	Won 45 - 37

Fixtures for week commencing 20th February 2023

FOOTBALL					
20.02.23	Area Cup	U13A	V Stone Lodge	Home	KO 3:15pm
22.02.23	Kent League	1 st XI	V Gravesend Grammar School	Home	KO 2pm
23.02.23	Area Cup QF	U14A	V Hurstmere Foundation School for Boys	Away	KO TBC
BASKETBALL					
20.02.23	Area Cup	U13A	V Langley Park SFB	Home	Tip off 4pm
21.02.23	Area Cup	U16A	V Maidstone Grammar	Away	Tip off 4:15pm
22.02.23	Area Cup	U18A	V Haberdashers, Aske's Knights Academy	Away	Tip off 3:45pm
23.02.23	Area Cup	U16A	V Gravesend Grammar School	Away	Tip off 4:00pm

*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)

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 www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If engaged in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually starts out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELIABILITY

Because many major releases are shooting or action games, when some people fear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore reliable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks, it often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: <https://www.ofcom.gov.uk/consult/condocs/childrens-media-use-and-attitudes-report-2022.pdf>

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PARENTS ASSOCIATION

On Friday, March 3rd, 2023 at 7pm, we will be hosting a fun and enjoyable quiz night to support the fundraising efforts for a school basketball scoreboard. The school has not had a quiz night since 2019, and we are eager to rebuild and bring you all back together and hear about the school, and causes that will benefit your scholars. This is a social evening for parents (and children) to meet. Please come and join, build friendships, understand more about the causes that will benefit your scholars, while having a bit of social fun. Tickets can be purchased on classlist for the event or via this link

<https://app.classlist.com/events/#/events/view/930740814>

At Beths Grammar School, our basketball team is more than just a group of scholars playing a game. They are a family, united by their passion for the sport and a desire to succeed. But there's one problem, their current scoreboard is outdated and in need of replacement.

That's why we're reaching out to the community to ask for support in raising funds for a new basketball scoreboard and the Quiz Night will contribute to this. A new scoreboard will not only benefit our basketball team, but also provide a valuable resource for the entire school community. With a state-of-the-art scoreboard, our basketball teams will be able to compete at a higher level and our school community will have access to a modern and improved facility.

- The event is being organized by the Beths Parents' Association and is one of many events planned to contribute to this fundraising effort.

- Tickets can be purchased on classlist for the event or via this link <https://app.classlist.com/events/#/events/view/930740814> (feel free to share on WhatsApp or social platform you use) and you can find your tickets in the classlist app or we will email them to you.



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- A teachers table will be at the quiz to discuss plans for the scoreboard, but also to beat you in the quiz!
- Each table will have up to 8 people to a team. You can buy individual tickets OR a table up to 8!
- We encourage you to bring your own food and drink for a social evening!
- Parking onsite at the school
- For those who can't attend, we also have a donations page open at <http://basketball.bethspa.co.uk> (please do consider selecting gift aid when completing the donation)
- We will be running a raffle with some amazing prizes and donations will be welcome at the event.

Please mark your calendars and plan to join us for an evening of fun, community, while supporting a great cause. Let's come together and make the basketball scoreboard a reality.

See you there!



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PARENTS ASSOCIATION

Beths Parents' Association present

Quiz Night

Bring your own food & Drink

FRIDAY 3RD
MARCH

BETHS GRAMMAR
SCHOOL
HARTFORD ROAD

FUNDRAISING FOR A BASKETBALL
SCOREBOARD

£10
PER TICKET

DOORS OPEN AT : 7PM
QUIZ STARTS AT : 7.30PM

BUY TICKETS & MORE INFO:

Classlist

<http://join.bethspa.co.uk>



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