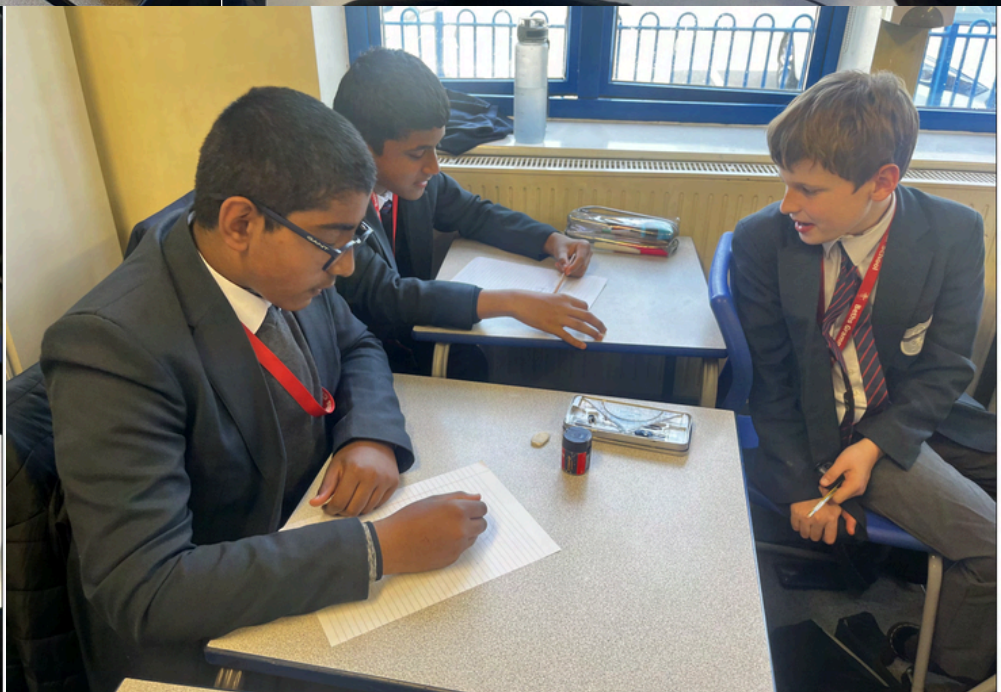
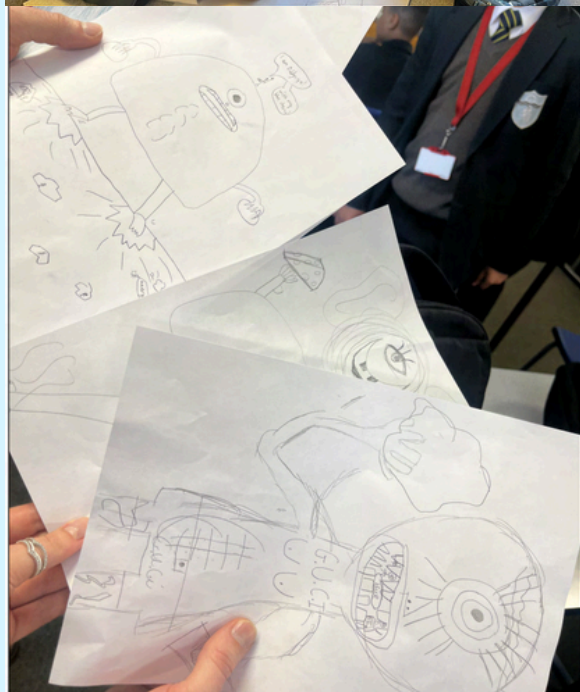


YEAR 7 LATIN FORUM

This week in Latin Forum we looked at the greatest epic heroes, Aeneas and Odysseus and discussed what makes a hero. We delved into their epic journeys, debated their destinies and dabbled in divine interference. Students read a passage from 'The Odyssey' by Homer and designed their own Cyclops with some fantastic and creative results! Next week will be the final week of Latin Forum where we will be debating who was better... the Romans or the Greeks?! Bring your fighting spirit!



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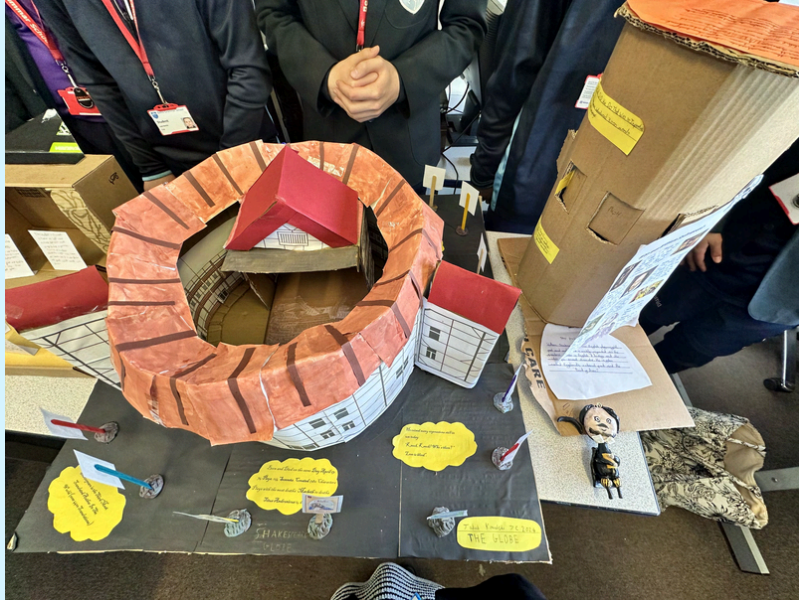
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YEAR 7 ENGLISH LESSONS

Our Year 7C English class showing off their wonderful Shakespeare projects.



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YEAR 11 AND 13 FAREWELL

We said goodbye to our Year 11 and Year 13 students for the final time before exams start. We wish you the best of luck in your exams. In the face of uncertainty and pressure, remember to breathe, stay calm, and tackle each question with confidence. Trust in the preparation you've diligently undertaken, and let your passion for learning guide you through even the most challenging of exams. Believe in yourself, stay positive, and embrace the opportunity to demonstrate your knowledge and abilities. We're rooting for your success, today and always!



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YEAR 11 AND 13 FAREWELL

Mrs Cale and Miss Stevens celebrated the completion of A-Level English content with 13A/Li1 with an afternoon tea spread. We wish them the best of luck in their upcoming exams, we know you'll be great!



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BEXLEY ATHLETICS

On Wednesday, our Year 9 and Year 10 students attended Bexley Athletics Championships. It was a wonderful opportunity for our students to play against local schools in a range of track and field activities.

A massive congratulations to all those who took part.



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STUDENT SUCCESS

Congratulations to Jamie W, who recently performed at Ronnie Scott's as part of the National Youth Jazz Orchestra, playing with the National Jazz Youth Orchestra (NYJO) under 18s ensemble.

Additionally, Jamie has been offered a place in the National Youth Jazz Collective, which is quite an elite group to join. There are only around 50 spaces available for the entire country.

“It was such a fantastic experience to play at one of the top jazz clubs in London, known across the world; I loved every second of it. Additionally, I have just been accepted by audition to the National Jazz Youth Collective (NYJC) summer school. At the summer school, we'll have professional tutors come in to mentor us during a residential week. I'm really looking forward to this opportunity because it's very competitive and hard to get into, with people auditioning from across the country. It's going to be an amazing experience.” - Jamie, Year 12

A massive congratulations to Jamie, we are so proud of you!



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GCSE GEOGRAPHY TRIP TO NAPLES

During the Easter Holidays, our GCSE Geography and some MFL students had the fantastic opportunity to visit Naples.

On the first day we explored Mount Vesuvius, I'm delighted to say that everyone has safely made it up to the crater of Mount Vesuvius and back down again! The climb was very steep but the views at the top were worth it. The students enjoyed an excellent guided tour from a Volcanologist at the crater who explained how the shape of the volcano had changed over time, the different kinds of eruptions that have happened at Vesuvius in the past and what the nature of the next one is likely to be. The boys were also pleased to see that there was a soft drink and souvenir stand open at the top where they could buy a well-earned refreshing cold drink!



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GCSE GEOGRAPHY TRIP TO NAPLES

Our cold, windy visit to Mount Vesuvius was followed by a fairly hot and sunny trip to Pompeii, via an impromptu stop at a pizzeria! The students enjoyed soaking up the atmosphere of the long-lost city and looking for hidden treasures amongst the ruins. In the evening, we had a lovely three course meal back at our hotel and are soon to head out on an evening stroll!



The following morning, we set off for Pozzuoli, a picturesque coastal town filled with hidden ruins. Our first stop was the Flavian Amphitheater, well preserved despite being exposed to the elements for thousands of years. We explored the underground caverns that would have held the wild beasts and nervous gladiators before their fights and re-enacted epic battles above ground. Next we stopped by the Temple of Serapis (not actually a temple!) and wandered around the flea market for some haggling. Students were given the chance to explore the historic centre of Pozzuoli to find some lunch and buy some souvenirs.

After lunch, we travelled to Lake Averno for a gentle hike around the lake. Stunning scenery and Italian family and friends picnicking on Easter Monday created an idyllic scene in sunny weather.

We journeyed back to the hotel for a shower and dinner, then headed straight to bed ready for our trip to Capri.



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GCSE GEOGRAPHY TRIP TO NAPLES



The next morning, we set off from Sorrento for a day in Capri. Our ride on the catamaran across the Gulf of Naples proved an interesting journey, with the vessel moving at very high speeds against a choppy tide. Unfortunately, a sizeable proportion of students and staff did not find their sea legs quickly enough and their stomachs were defeated by the turbulent waves.

All being a little green, and more than a little grateful to be back on land, we sadly had to forgo the boat ride around the island, instead making our way to the famous funicular, where we saw stunning views across the Bay of Naples.



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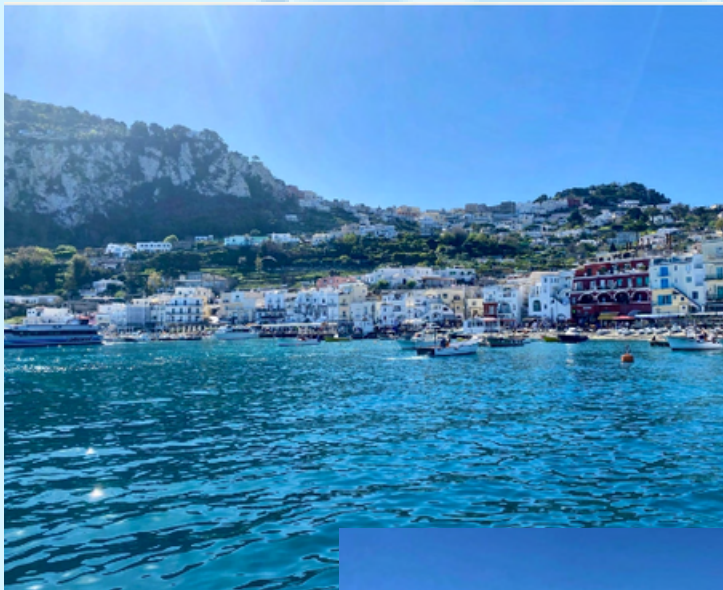


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GCSE GEOGRAPHY TRIP TO NAPLES

The group recuperated from their seasickness at a pizzeria on a viewing platform and then went off to explore the area, sampling lemon sorbet served in real lemons and window shopping at the designer shops, where some students were excited to spot a pair of ex Love Island stars!

After a lovely day spent in Capri, we bravely made our way back across the sea and had dinner back at the hotel. After dinner, we took a coach into the centre of Sorrento where the boys had some time to meander around for souvenir shopping and to soak up the ambiance, all very much centred around a lemon theme!



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GCSE GEOGRAPHY TRIP TO NAPLES

We have spent our last morning with an hour at a local beach where the boys had lots of fun playing football in the sunshine (or digging big holes, or skimming stones on the water!)

This was followed by a visit to the Naples Archaeological Museum, where we enjoyed seeing lots of relics from Pompeii and Herculaneum as well as a range of Roman mosaics and frescos.

Everyone was sad to be heading home, however super grateful for the experience and some of the boys have even said they'd like to stay and live here!



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SPORTS FIXTURES AND RESULTS

Results for week commencing 6th May

CRICKET					
Date	Competition	Team	Opposition	Venue	Results
07.05.24	North Kent Cup	U12A	V Chis and Sid	Away	Lost
07.05.24	North Kent Cup	U13A	V Chis and Sid	Away	Lost
09.05.24	County Cup	U14A	V Eltham College	Away	Lost

Fixtures for week commencing 13th May

CRICKET					
Date	Competition	Team	Opposition	Venue	Start time
23.05.24	North Kent Cup	U14A	V Chis and Sid	Away	4pm
15.05.24	County Cup	U13A	V Dartford Grammar School for Boys	Away	2pm
16.05.24	North Kent Cup	U15A	V Hurstmere	Away	2pm

ATHLETICS					
Date	Competition	Team	Opposition	Venue	Start time
14.05.24	ESAA	U13 U14	Various Schools	Away	9:30am

*Please note that some matches may be cancelled/postponed and therefore we ask you to keep an eye on the SOCS website.
Beths Grammar School | Sports Home (bethssport.co.uk).

If you have any questions, please email us at
fixtures@beths.bexley.sch.uk



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

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

Topics mentioned: [exam time](#)

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

Listen to their concerns

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

Help with exam preparation practicalities

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

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

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

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



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

Encourage healthy routines

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

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

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

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

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

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

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

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

Look out for signs that your child is struggling

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

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



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KEEPING YOUR CHILD SAFE ONLINE

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about HELLDIVERS 2



WHAT ARE THE RISKS?

Within weeks of release, Helldivers 2 had become one of 2024's biggest gaming success stories. The sequel to a top-down shooter from 2015 has smashed sales expectations, owing to its frantic gameplay and tongue-in-cheek humour. However, the game comes with several risks to younger players, as indicated by its 18+ rating.

PEGI 18 RATING



Due to its intense violence and the presence of in-game purchases, Helldivers 2 carries a PEGI 18 rating. While players are generally fighting fantastical enemies like giant bugs and robots, their characters can be killed in various gruesome ways, up to and including dismemberment. It's certainly worth considering whether such a game is appropriate for younger players.

IN-GAME PURCHASES

In Helldivers 2, players can use real money to buy in-game currency, with which they can unlock cosmetics and new weapons. At the time of writing, all the in-game items can be acquired without spending so much as a penny – but excited young players wanting to keep up with their friends may still feel the temptation to purchase new weapons more quickly, rather than laboriously earning the in-game currency through play.

VOICE CHAT AND MESSAGING

Helldivers 2 is always played online with others, who often use voice chat or in-game texts to coordinate, strategise or just joke around. This does mean that children who play without their friends will be put in contact with strangers. Unfortunately, this represents a roll of the dice, as the game can't control how people treat each other online. However, you can easily report other players for abusive behaviour via the game's 'Social' tab.

FRUSTRATION TRIGGER

The thrill of barely scraping through a dangerous mission in one piece is integral to Helldivers 2's appeal. To accentuate this feeling of achievement, the game includes some very difficult levels that could prove to be too hard for some players – even those who are legitimately old enough to play. Losing streaks can be incredibly annoying, so repeatedly failing in missions could easily provoke frustration or anger in younger players.

LACK OF ACCESS

The game is available on PC and PS5, but not (as yet) on other consoles. Some people will naturally be disappointed they can't get involved and might look for similar alternatives to play on their own console – alternatives which may contain similar levels of violence and gore but lack the same balanced approach to user misconduct and in-game purchases as Helldivers 2.

Advice for Parents & Educators

GIVE IT A GO FIRST

Helldivers 2 is a third-person shooter with intentionally humorous elements, but much of its comedy is rooted in satire which may go over the heads of some players. Consider playing the game first yourself – while shooting bugs and robots feels too unrealistic to be upsetting, seeing your character get torn to pieces may be too much for young players.

SET EXPECTATIONS

At the time of writing, Helldivers 2 costs £34.99. It could turn out to be an expensive and wasteful purchase if a player gets irritated and gives up shortly after receiving the game. If a young person tends to become frustrated easily, it's worth considering whether Helldivers 2 is really the game for them.

CONSIDER ALTERNATIVES

If playing on Xbox – where Helldivers 2 isn't available – consider something like Halo: The Master Chief Collection as an alternative. One of its game modes – Firefight – replicates Helldivers' mechanics to some degree. Alternatively, younger players may be better suited to the more light-hearted Deep Rock Galactic, which sees them play as fantasy dwarves in space, involving far less gruesome violence.

KEEP AN EYE ON PAYMENTS

Many titles offer in-game purchases, but Helldivers 2's are comparatively cheap. You'll still need to monitor your payment information (or use a prepaid card on the account), in case your child buys the in-game currency in bulk; on the whole, however, the game's selling methods are far less egregious than most similar titles on the market.

MONITOR COMMUNICATION & ADJUST SETTINGS

Thanks to an in-game "Ping" system (allowing players to highlight important details without speaking), communication isn't as integral to Helldivers 2 as it is in other games. You can turn off the chat options in-game on PC or on the PS5's own settings, and feel more secure in the knowledge that your child won't be speaking to people they don't know.

Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the games media industry for five years. As well as being an avid long-time gamer, he is also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published on sites including IGN, TechRadar and many more.



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