

Week ending 12 March 2021

BETHS VIP

(Very Important Publication)



Messages from Mr Blyghton, Headteacher

This week has been all about students returning to the classroom and the start of our Lateral Flow Mass Testing.

I am sure that the majority of you, as parents, are quite relieved to be able to give up your 'home schooling' role and pass the teaching back to us!

The Mass Testing has been an enormous task for us to manage but I would like to give a huge round of applause to Mrs Walker, our Operations Manager, and her Facilities team for changing the Sports Hall into our Test Centre and ensuring that it is Covid-safe with signage, sanitisers, social distancing and PPE throughout. Thank you also to all those Staff and Governors who have willingly helped us with the registering and marshalling of students as they have come to test—many of whom have then worked during the evenings to catch up with their normal work.

We are now over half way through and, once students have had their third test in school, they will be given their own testing kit to enable them to test at home.

I am also pleased to say that, out of 5000 tests that we are expecting to undertake, we have already managed over 2600!

So that you can get a feel for the safety of the Testing Centre, I have included some photos of how it looks.

Finally, a reminder that we would urge students to please wear face masks whilst in and around the school, to ensure good hygiene by using hand sanitizer regularly and that students continue to wipe down their desks as they enter and leave a classroom.

Dates for your diary

Tuesday 16 March

Young Carer's Action

Day

18.00 Y13 Webinar on MS Teams about A Levels

Wednesday 17 March

St Patrick's Day

18.00 Y11 Webinar on MS Teams about GCSEs



Beths Grammar School



@Bethsgs



Beths Grammar

Photos of our Lateral Flow Test Centre (formally known as our Sports Hall)



Next week's Lateral Flow Testing Programme

As we continue with testing, the plan currently in place for next week follows. However, it may be that changes will need to be made and, should this be the case, I would ask for your understanding. Timing are approximate and students (except for the 8.30am sessions) will be called over the tannoy when the Centre is ready for them. Please note that the testing commences at **8.30am** every morning and students testing at this time, should attend school early on these days for this week only.

Monday 15 March

8.30am	7A and 7B – students go directly to the Sports Hall and Form Tutors register there
9.00am	7C and 7E
9.30am	7H and 7W
10.00am	8A and 8B
10.30am	8C and 8E
11.30am	8H and 8W
2.00pm	9A and 9B
2.30pm	9C and 9E
3.00pm	9H and 9W

Tuesday 16 March

8.30am	11A and 11B - students go directly to the Sports Hall and Form Tutors register there
9.00am	11C and 11E
9.30am	11H and 11W
10.00am	13.1 and 13.2
10.30am	13.3 and 13.4
11.30am	13.5 and 13.6
2.00pm	13.7 and 13.8
2.30pm	13.9 and 13.10
3.00pm	13.11 and 13.12

Wednesday 17 March

8.30am	10A and 10B - students go directly to the Sports Hall and Form Tutors register there
9.00am	10C and 10E
9.30am	10H and 10W
10.00am	12.1 and 12.2
10.30am	12.3 and 12.4
11.00am	12.5
11.30am	12.6 and 12.7
2.00pm	12.8 and 12.9
2.30pm	12.10 and 12.11
3.00pm	12.12 and 12.13 - students will be called over the tannoy

Next week's Lateral Flow Testing Programme continued

Thursday 18 March

8.30am	7A and 7B – students go directly to the Sports Hall and Form Tutors register there
9.00am	7C and 7E
9.30am	7H and 7W
10.00am	8A and 8B
10.30am	8C and 8E
11.30am	8H and 8W
2.00pm	Mops ups

Friday 19 March

8.30am	9A and 9B
9.00am	9C and 9E
9.30am	9H and 9W
10.00am	Mop ups

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

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

COMIC RELIEF

100 Mile Challenge

We are pleased to see that there are lots of you who are participating in our 100 mile challenge, from Beths Grammar School to Oxford University. How are you fairing with the challenge? Are you close?

Mr Eydmann has already completed the challenge...and has even cycled further than the 100miles!

Comic Relief airs on Friday 19 March and we would love for you to donate to this amazing charity! Unfortunately, unlike previous years, we have been unable to fundraise in our usual way and hope that you are enjoying this virtual challenge.

A directly accessible donation page has been set up in ParentPay where you can use your debit or credit card to make a contribution to Comic Relief at <https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=2101> and where you will also be given the opportunity to make a Gift Aid Contribution if you are a UK Taxpayer. Alternatively, you can make a payment by logging into ParentPay using your personal username and password as usual.

We would love to see photos of you completing the challenge or send in your PB's to Mr Webb so we can celebrate your great sporting achievements. **Can you beat his 5K time??**



1 FEB - 7 FEB

Distance 147.87 mi | Time 8h 12m | Elevation 4,895 ft

LAST 12 WEEKS





This week's musician's of the week is Saska Hills. Congratulations!

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

<https://youtu.be/n86giEEI3Jg>

BETHS ALUMNI

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

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

PARENTS ASSOCIATION

We are delighted to confirm the winners of this month's monthly draw are....

Quarterly Prize winner of £50 - Tom in year 7E

Monthly Draw First Prize winner of £20 - Ignacio in year 12.7

Monthly Draw Second Prize winner of £10 - Joshua in 13.2

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



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



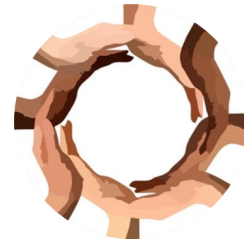
If you shop elsewhere online, please join Easyfundraising. Again, it costs nothing and Beths PA will automatically receive a donation. You can sign up at www.easyfundraising.org.uk/BethsPA and we will automatically receive a donation anytime you shop. If you are eligible, please also give gift aid to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

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

***The Multicultural Committee now have their very own
Instagram page:***



@multiculturalcommittee



Please go check it out and

Careers

Virtual Work Experience and Exploring the Veterinary Profession

Click [here](#) for more information.

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

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

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

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



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

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

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

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

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

[Beths Grammar School - Super Curriculum](#)

JUNIOR BAKE OFF

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

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

**APPLICATIONS CLOSE
SUNDAY 28TH MARCH 2021**

Enquiries:
applyforjuniorbakeoff@loveproductions.co.uk





Supporting your child's return to school



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

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

Signs to spot...

Your child may be:

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

Conversation starters...

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

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

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

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

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

"What is your favourite school memory?"



Supporting your child's return to school



Preparation for going back:

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

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

If worried, your child can:

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

Useful links and resources for parents:

[Beths Wellbeing pages](#)

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

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

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

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

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

Samaritans – 116 123

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

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

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

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

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

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

Drinkline offers the following services:

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

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

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

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

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

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

Beths Grammar School

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