

TOP APPLICANTS INFORMATION EVENING

Last week we hosted our first ever Top Applicants Information Evening, which received a fantastic turnout. We wanted to ensure our amazing students who joined us from other schools have just as good a chance as getting into a top university as those we have nurtured since Year 7.



@BethsGrammar



Beths Grammar School



@BethsGS

SPORTS NEWS

This week we attended the Year 9 and 10 Bexley Athletics Competitions with various other schools including, Hurstmere, Chis and Sid, Trinity, St Columba's etc. It was a wonderful day and an amazing opportunity to compete against other local schools. We look forward to the Year 7 and 8 competition which will be held on 21st June.



@BethsGrammar



Beths Grammar School



@BethsGS

KS3 JACK PETCHEY MATHS CHALLENGE

Last week some of our Year 9 students visited Addey & Stanhope School to compete in the first round of the KS3 Count On Us: Jack Petchey Maths Challenge. Team Beths did incredibly well and came joint first, claiming our place in the finals in July.



@BethsGrammar



Beths Grammar School



@BethsGS

YEAR 13 LEAVERS

Today we said goodbye to our Year 13 students for the last time before their exams. We wish you all the best of luck for the upcoming weeks, we are certain you will excel! A massive well done for all your hard work and thank you to anyone who has supported them during their time at Beths!



@BethsGrammar



Beths Grammar School



@BethsGS

BEXLEY YOUTH COUNCIL



www.bexley.gov.uk

Bexley Youth Council

We are currently seeking new members to join this pro-active group.

Do you live or are you educated in Bexley?

Are you aged 13 - 19?

Are you free on Wednesday evenings fortnightly from 6 - 8pm?



Meetings are held at the Civic Offices, Broadway Bexleyheath, DA6 7AT

Do you care about your environment, community, education, safety & leisure facilities?

Do you want to help make positive changes?

Are you prepared to 'Have your say'?

Would you like to meet new friends?

If you are interested, Please complete the manifesto on the back of this flyer and return to:

Ms Chris Lee

Bexley Targeted Youth & Participation Officer

Civic Offices; 2 Watling Street

Broadway; Bexleyheath

DA6 7AT

07792 661 364 chris.lee@bexley.gov.uk



@BethsGrammar



Beths Grammar School



@BethsGS

EXAM STRESS SUPPORT -YOUNG MINDS

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

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

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



Exam Time & Exam Stress | Parents Guide To Support

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

www.youngminds.org.uk

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

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

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



Exam Stress | How To Deal with Exam Stress

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

www.youngminds.org.uk



@BethsGrammar



Beths Grammar School



@BethsGS

BETHS 5K FUN RUN/WALK

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

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

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

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

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

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



@BethsGrammar



Beths Grammar School



@BethsGS

BETHS 5K FUN RUN/WALK

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

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

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

If you have any questions, please contact us at mrwebb@beths.bexley.sch.uk

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

Yours sincerely,
Mr Webb

BETHS GRAMMAR SCHOOL PRESENTS

5K FUN

RUN & WALK

IN AID OF THE NEW BASEKETBALL SCOREBOARD

SUGGESTED DONATIONS £10

WEAR RED

SATURDAY
JUNE, 17 2023
START 10.00 AM

HALL PLACE

BOURNE ROAD, BEXLEY, KENT DA5 1PQ

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

BUY FOOD & DRINK
BETHS BOBBLE HATS

FOR INFORMATION EMAIL MRWEBB@BETHS.BEXLEY.SCH.UK

BETHS PARENTS ASSOCIATION
Supporting Community, Local and Global



@BethsGrammar



Beths Grammar School



@BethsGS

SPORTS FIXTURES AND RESULTS

Results for week commencing 5th May 2023

CRICKET					
Date	Competition	Team	Opposition	Venue	Start time
09.05.23	U15 Cricket	U15	V Langley Park School for Boys	Home	Lost
FOOTBALL					
05.05.23	North Kent Finals	U13A	V Hurstmere Foundation School	Neutral – Glebe FC	Lost 1-3
05.05.23	North Kent Finals	U13B	V Hurstmere Foundation School	Neutral – Glebe FC	Lost 0 – 2

Fixtures for week commencing 15th May 2023

CRICKET					
Date	Competition	Team	Opposition	Venue	Start time
15.05.23	North Kent Cup	U14	V Chis and Sid	Away	4pm
16.05.23	North Kent Cup	U13	V Chis and Sid	Away	4pm
17.05.23	Kent League	1 st XI Sixth Form	V The Judd School	Away	2pm
19.05.23	U12 Kent Cup	U12	V Eltham College	Home	2:30pm
ATHLETICS					
18.05.23	ESAA Track and Field	Selected Year 7-10	V Various Schools	Dartford Harriers AC, DA1 1JP	9am

*Please note that some matches may be cancelled/postponed and therefore we ask you to keep an eye on the SOCS website.

Beths Grammar School | Sports Home (bethssport.co.uk)

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			Year 8 Cricket Mr G.S		
Lunch	Spanish Club S16 Ms Bridge Reading Club EVEN WEEK B5 Ms Monteith Year 8 Cycling Club Mr Temple Field	LGBTQ+ Society S18 Mr Stein Drama Club P3 Ms Monteith Music Enrichment - Audition only Yu-Gi-Oh Club- A5 KS3 Tennis Mr Temple	French Club S19 Ms James Eco Club ODD WEEK A4 Mr Glendinning 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 Year 9 Cricket Mr Webb	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 Spirited Arts - JEM/ - Friday Lunchtime Odd Week - M1 Year 8 Cycling Club Mr Temple Field
After School	Run Club School Field Mr Walter Beths Youth Band 3:40-4:45 P1 ** Group Piano lessons 3;30-4:30 P2 STEM Club Y7 S12 Ms Sarker Year 7 Cricket Training Mr Timothy	Memrise Clinic S16 Ms Bridge Music Enrichment - Audition only Orchestra 3:40-4:45pm in the Main School Hall	Latin Forum (Y7- invite only) MCC 3.30-4.30pm Theatre Production 3.45-4.30 P3 Ms Grady* ** Violin Club: 3:30-4:00 beginners; 4:00-4:30 intermediate in P2 Year 7 – 10 Athletics Mr Temple	Warhammer S1 (3.40 start) Mr Turnbull Beths Singers 3:40-4:45pm P1 Year 9 Football Field Year 9 Cricket Mr Webb	Beths Big Band 3:40-4:45pm P2

KS4 Clubs

KS4 Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Music Revision 1:10-1:45pm P1 History Club EVEN WEEK M5 Maths Club B12 Mr Khalid Chess Club A2 Mr Healy	BEFORE SCHOOL Year 7 – 10 Tennis Mr Haywood Y11 Study Club (13.20-13.50) B4 Ms Takeda Music Revision 1:10-1:45pm P1 Philosophy Society EVEN WEEK M2 Ms May Stoic Philosophy Society Odd Week M2 Mr Papakostas	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 Year 10 Tennis Mr Temple/Mr Webb	BEFORE SCHOOL Year 7 – 10 Tennis Mr Haywood BEFORE SCHOOL KS4 and KSS Weights Room Mr Webb 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	Year 10 Cricket Mr Waite 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* Year 7 – 10 Athletics Mr Temple	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	
Lunch time	<p>History Club EVEN WEEK M5</p> <p>Chess Club A2 Mr Healy</p> <p>Muslim Prayer group C3 Mr Ahmed</p> <p>KS5 Chemistry Club S8</p> <p>KS5 Physics Olympiad Club S1</p> <p>Gender Equality Society A7B Ms Ewing</p>	<p>Philosophy Society <u>EVEN WEEK M2 Ms May</u></p> <p>Muslim Prayer group C3 Mr Ahmed</p> <p>Stoic Philosophy Society Odd Week M2 Mr Papakostas</p>	<p>Eco Club <u>EVEN WEEK A4 Ms Purbrick and Mr Glendinning</u></p> <p>Music Theory Club at 1:10pm-1:45pm P1 Ms Marriott</p> <p>Poetry Club <u>EVEN WEEK B1 Dr Easton</u></p> <p>English Revision Club ODD WEEK B5</p> <p>Muslim Prayer group C3 Mr Ahmed</p> <p>Reading Club <u>ODD WEEK B5 Ms Monteith</u></p> <p>KS5 <u>Maths Olympiad Club B12 Mr Khalid</u></p> <p>Personal Statement Clinic LRC Mr Beaney</p>	<p>Music Revision 1:10-1:45pm P1 Ms Bowen-Evans</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 (<u>ODD S19, EVEN S15</u>) Ms Harris</p> <p>Social Sciences Reading Club <u>FIRST ODD FRIDAY OF MONTH M4</u></p> <p>Film Club B6 Ms Quinn and Mr Russell</p> <p>Muslim Prayer group C3 Mr Ahmed</p> <p>Multi-Cultural Committee MCC BREAKTIME</p>
After School / Wednesday P3	<p>** Group Piano lessons 3:30-4:30 P2</p> <p>Engineering A6 Mr Morgan</p>	<p>Orchestra 3:40-4:45pm in the Main School Hall Ms Marriott</p>	<p>1st XI Football Venue TBC PE</p> <p>2nd XI Football Venue TBC PE</p> <p>6th Form Basketball Sports Hall PE</p> <p>6th Form Girls Football Field PE</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>



@BethsGrammar



Beths Grammar School



@BethsGS

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 apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

TELEGRAM

AGE RESTRICTION
17+

Telegram isn't new, but it's grown significantly in popularity over recent years, thanks to its secure nature and speedier performance than many of its competitors – including WhatsApp. While Telegram is an excellent app in terms of actual performance, like any messaging platform it brings its own challenges for parents when it comes to feeling confident about children being able to handle their own messaging conversations and contact with the outside world in general. Here's everything that trusted adults need to know about using Telegram safely.

WHAT ARE THE RISKS?

LACK OF AGE RESTRICTION

17+

Telegram has a 16+ age restriction on using the service, while someone is required to be over 17 to actually download the app. Once that's accomplished, however, there's no need to provide further identification. That means there's no guarantee that under 17s aren't using the app – and no way to confidently verify that any other user actually is who they say they are.

POSSIBLE CYBERBULLYING

If your child uses Telegram, they could well be in a group with friends and peers on the app. These groups are managed by admins who can remove the option to post replies – possibly leading to instances of cyberbullying in which the victim has no ability to respond. Messages can be forwarded from groups, too, which potentially opens up images and text being seen by people they weren't intended for.

UNMODERATED CONTENT

Because Telegram relies on users' self-moderation, it can sporadically become a hotbed for illegal or inappropriate content. In the past, the circulation of this material has led to its temporary removal from the App Store. In fairness, the same can be said of several messaging platforms, but Telegram's features (Secret Chats, for instance) certainly present more issues than the likes of WhatsApp.

PREMIUM COSTS

Telegram is free to use, but it also offers a premium membership (£4.99 per month or £35.99 a year) which increases download speeds, adds translation features, and increases channel and account limits. If your child has access to your Apple ID or Google Pay details, they may be able to sign up for the premium package without your knowledge.

UNAUTHORISED ACCESS

One of Telegram's major selling points is that it's accessible across multiple platforms. Once the app's been downloaded, users can log in from a phone, tablet or computer. This multi-device availability means increased opportunities for someone else to gain unauthorised access (if your child leaves a computer or tablet at school logged into their Telegram account, for instance).

SECRET CHATS

Telegram offers a feature called Secret Chats, which allows for messages which self-delete after a specified period of time. There are instances where this can be useful (journalists often use Telegram to protect their sources, for example), but for young people it can make it extremely difficult to prove that someone has been abusive or inappropriate towards them on the app.

Advice for Parents & Carers

PRIVACY CONTROLS

If your child wants to use Telegram, we'd strongly suggest using the app's built-in privacy settings to restrict who can see when they were last online, their profile photo, and their phone number. This can be set to 'everybody', 'my contacts' or 'nobody'; we'd recommend either the second or third options, depending on how locked down you want the platform to be.

DISCUSS SECURITY

It's important that your child understands the merits of strong passwords and logging out of devices when they're finished – and the benefits of protecting their personal data in general. This could range from relaxed chats and simple tips like "don't send your bank details" to how to set up passcodes for Telegram so your child's chats stay secure when they step away from their screen.

REPORT UNSAFE CONTENT

If your child receives private messages which include content that could be considered illegal, unsafe or upsetting, they can of course block the account responsible within the app itself. Be aware, however, that Telegram won't necessarily take any further action unless this offensive content involved a user-created channel, bot or sticker.

USE THE BLOCK FUNCTION

Users can block spam, abusive, or imposter accounts within the app. Blocking stops that account from messaging your child, or viewing their profile and activity. If the user in question is one of your child's peers or friendship circle, it may be worth bringing it to the attention of their school. Also bear in mind that your child can also voluntarily leave a Telegram group at any point if they wish.

PROTECT PAYMENT METHODS

Apple and Google's storefronts offer family sharing options, but it's also worth double-checking your settings to ensure that a password or two-factor authentication option is set up to prevent any unexpected purchases. If your child does pay for a premium Telegram subscription without your consent, Apple and Google have been known to issue refunds in some cases.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and Techradar.



PREMIUM ACCESS

NOS National Online Safety
#WakeUpWednesday

Source: <https://www.telegram.org/> | <https://www.engadget.com/telegram-explained-2022-163035068.html>

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.05.2023



@BethsGrammar



Beths Grammar School



@BethsGS

BETHS GRAMMAR SCHOOL,
HARTFORD ROAD
BEXLEY
KENT
DA5 1NE

Email Address: admin@beths.bexley.sch.uk

**Email Address (to be used for items/concerns of a more
'sensitive' nature): HeadsPA@beths.bexley.sch.uk**

Telephone Number: 01322 556538



@BethsGrammar



Beths Grammar School



@BethsGS