


BETHS VIP

Excellence - Community - Respect - Nurture

MESSAGE FROM THE HEADTEACHER

Dear Parents, Carers,



Ending this week with reflection. Our Year 12s have completed their trial examinations, the first time they have had to sit exams under formal conditions. This has been a good experience to get their minds set for the exam procedures that need to take place, like remembering their student card and lanyard. The results of the trial exams will be shared with parents on Friday 10th July.

Today we send our Year 11 cohort on study leave as their GCSE examinations commence from the Monday 16th May 2022. Five years of being a Beths student has gone quickly! Reflecting on when the students first arrived at Beths in Year 7 back in September 2017, feeling excitement and nerves as they familiarised themselves with their new environment and classmates. Staff have worked diligently during the pandemic and as we come out of it, to ensure the recovery of their education and any gaps have been filled. The students have been amazing with their focus and determination, and I am sure they will reap the rewards of their hard work come results day.



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From Monday 16th May 2022 our Year 9 cohort moves onto a Key Stage 4 timetable to enable their smooth transition in September when they arrive as Year 10 students and start their GCSE subjects. Year 9 students must come into school in their uniform and change into their PE kits when they have a PE/Games lesson from Monday.

We will be saying our final farewell to Mr O'Regan at the end of this term as he takes on his Headship in Bury St Edmunds. Mr O'Regan has been a Deputy Headteacher at Beths Grammar School for the past 4 years, bringing in a wealth of knowledge and opportunity to students. We are extremely grateful for Mr O'Regan's input this term, with coming back to continue teaching his A Level Philosophy class and assisting the school during the Ofsted inspection last week. We wish him all the best in his new school, they are lucky to have him.

I would like to wish all our Year 11 and 13 students the best of luck as they start their examinations next week.

Have a lovely weekend,
Richard Blyghton



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WORK EXPERIENCE BY JAKE

On the week commencing the 14th of March, I was fortunate enough to be invited to Corpus Christi College, Oxford for the law residential scheme which they only offer to 30 students per year. Like with all things Oxford, the selection process was rigorous as we had to submit an essay that was to be considered by some of the top legal minds in the country and after weeks of waiting, I was delighted to be informed that I had been commended with a place on the programme. It was only once I arrived that I understood just how fierce the competition for a place had been because the outreach officer at Corpus informed us all that more people had applied for fewer places than those that had applied for the actual law course offered at Oxford and to put that into perspective last year jurisprudence at Oxford received 1899 applicants for around 232 undergraduate degrees! Upon arrival, we were taken through Corpus' beautiful old quad to the "MBI Al Jaber Building", a strikingly modern auditorium where I met my fellow prospective law students who were all incredibly friendly.

Not long after the initial "pleased to meet you" had been uttered, we were ushered into the conference room where we began our first law workshop of the 2-day residential: "Feral Wrongdoers" with Professor Matt Dyson.



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WORK EXPERIENCE BY JAKE

During this incredibly insightful session, conducted by perhaps the most imposingly intelligent individual which I have ever met, we discussed the law's definition of pets as property and the extent to which their owner is responsible for damages that they can cause. To illustrate the concept of tort law Professor Dyson asked us to determine the potential outcome of a case involving 3 stampeding horses under the "Animals Act 1971", he made the point of telling me specifically that a good lawyer must cite the specific wording of legislation verbatim in order for the meaning and authority of the act to be maintained. This was after our group had determined that spooked horses would not be classed as dangerous animals because they are commonly domesticated in the U.K. when we should have cited section 6 of the statute which defines a dangerous species as one:

- (a) which is not commonly domesticated in the British Islands;
- and
- (b) whose fully grown animals normally have such characteristics that they are likely, unless restrained, to cause severe damage or that any damage they may cause is likely to be severe.

Read more about Jake's work experience here

<https://www.paperturn-view.com/?pid=MjQ243399>



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BFI GERMAN SCHOOL TRIP

On Tuesday 10th May, my peers and I went to the BFI Southbank for a fantastic trip where we learned about the representation of German identity, culture and family through film.

We discussed clichés such as Germans playing brass instruments, eating sausages and always being punctual as well as talking about the issue of identity and belonging for the children of Turkish migrants who were born and raised in Germany. We learnt so much about German society. Our favourite part of the day was watching the film Berlin 36, about the true story of the discrimination faced by a top female Jewish athlete who wanted to compete in the 1936 Olympics, which were held in Germany. I was shocked at the lengths the Nazis would go to in order to stop her participating because she was a Jew.

Overall, this was a fantastic experience and we are very grateful to Mr Ford, Ms James and Mr Reddington for taking us on this trip.

-By Rehan 9E



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YEAR 9 MERIT WINNERS

In Year 9 assembly this week 28 students were awarded a Merit in recognition of their consistent demonstration of the school values. This is a fantastic achievement and I am very proud of all the winners. Well done to all



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ACAMH SESSION

The association for Child and Adolescent Mental Health (ACAMH) will be running an online session for all parents/carers. For more information please follow this link <https://www.acamh.org/event/how-to-cope-when-your-child-cant/>

How to Cope When Your Child Can't: How parents can help themselves and each other



4 July 2022 5pm

Event type FREE live stream

FREE session

17:00 - 17:45 UK time

Book now



Parenting and caring for a child who is struggling to cope can be painful and stressful, and can make it very hard to enjoy life yourself. Feelings of blame, guilt, sorrow, despair, fear, and frustration may be swirling around alongside a desperate desire to cure their pain.

Although parenting a child who is experiencing difficulties is a common problem, we can feel desperately alone when it is happening to us. When someone we love is struggling – for whatever reason – we may become unhappy too. For countless parents and children there are problems with no easy solutions.

This [free session](#) uses the latest evidence-based research, and examples from parents, to help us understand what we can and cannot do; to help us to accept any distress, worry, anxiety, sadness or loss of control in our situations; to see that we can tolerate these things; and to know that there are ways to move forward.



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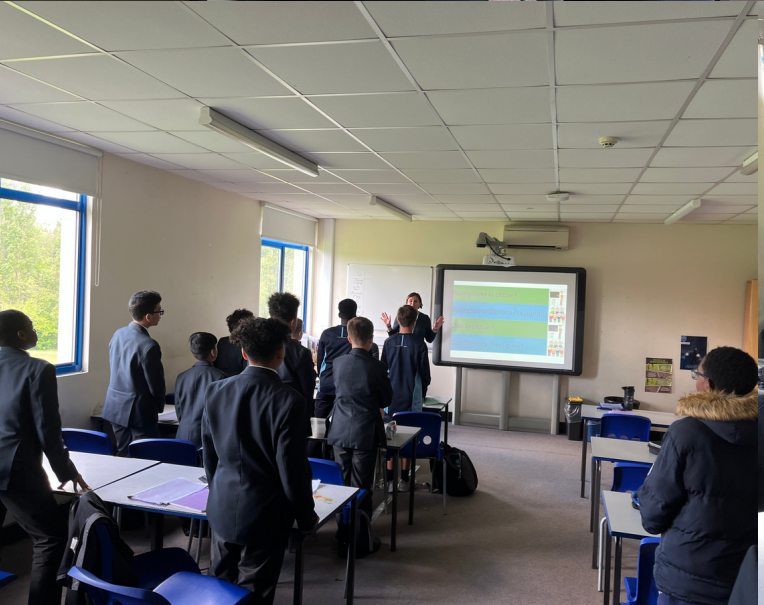
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YEAR 7 TASTER SESSIONS

During lunchtime this week, the Year 7 students had the opportunity to receive a taster lesson in the languages available for them to pick next year.



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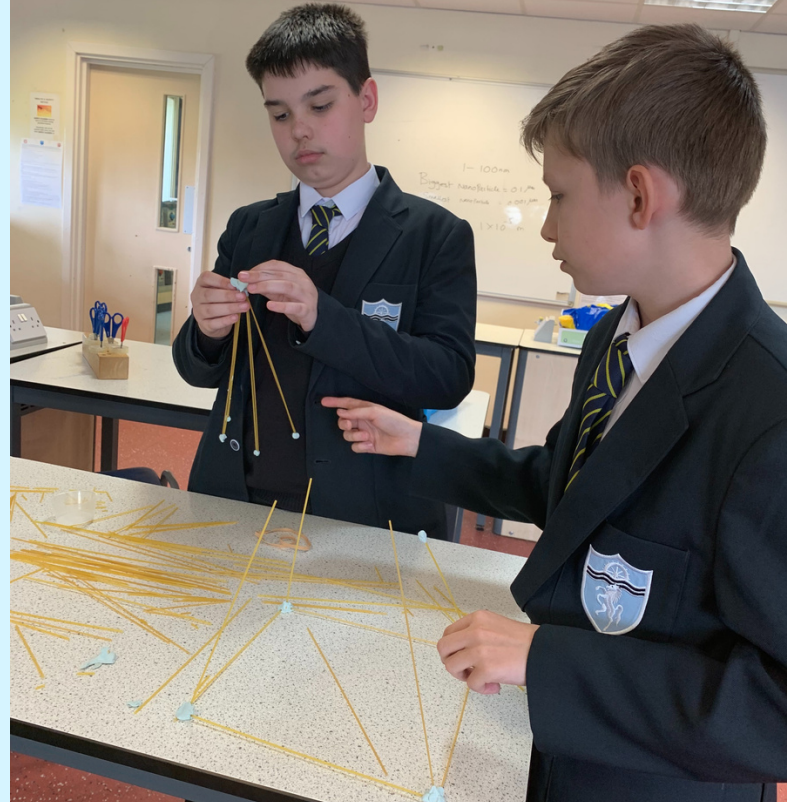
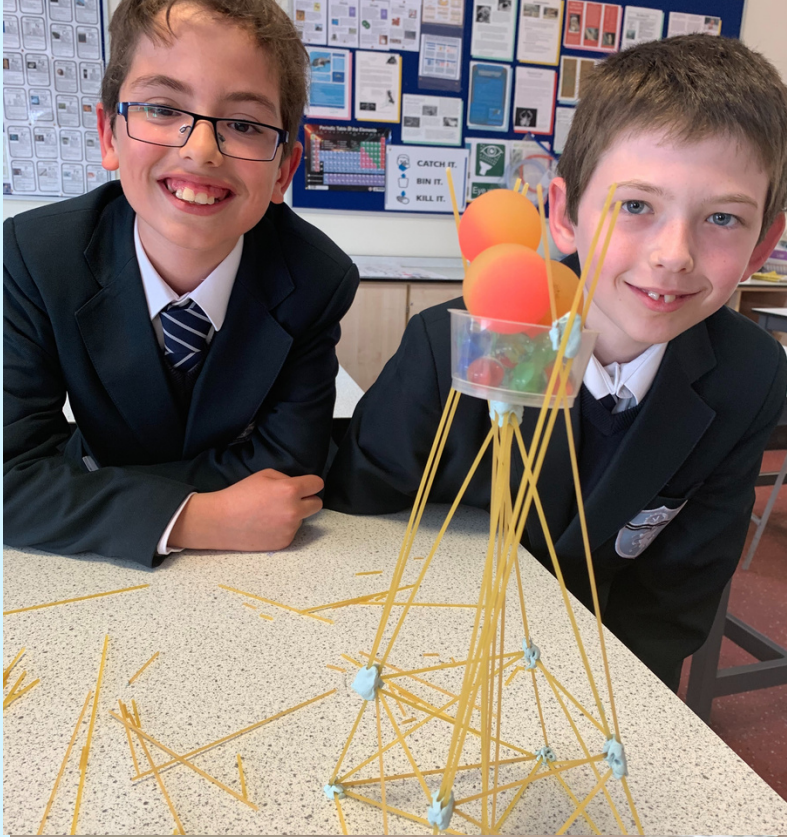
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STEM CLUB

During STEM Club, the Year 7 students had a interesting and exciting competition on who can make the best tower out of only spaghetti and blu tack.



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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.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Source: <https://www.bbc.com/news/health-56478001> <https://www.ohchr.com/docgen/supporting-your-child-with-upsetting-content/> <https://www.nic.org/content/how-to-talk-your-children-about-conflict-and-war>

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09.03.2022

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#WakeUpWednesday

EXTRA-CURRICULAR CLUBS

There are a range of activities/ clubs on offer for students. These activities run before school, lunch time, and after school. Below is a list of all activities currently offered. Please speak to the member of staff listed below if you would like more information.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school 8 – 8.30am	KS3 Basketball	KS3 Basketball	KS3 Basketball	KS4 Basketball	KS4 Basketball
Lunch time KS3 12.00 – 13.00	<ul style="list-style-type: none"> Year 9 Basketball (Mr Temple) Chess club – Week 1- All key stages in A2, Week 2: KS3 Online (Mr Runacres) Chinese Experience Club – S18 	<ul style="list-style-type: none"> Year 10 and 11 Basketball, Coding Club, Memrise Club, 	<ul style="list-style-type: none"> Year 8 Basketball ALL (Mr Webb) ODD WEEK Year 7 Rugby (Mr G.S + Mr Smith) Eco – Club (KS3) – A4 	<ul style="list-style-type: none"> KS3 Badminton (Mr Temple) KS3 Drama – P3 (Ms Grady) Year 7 and 8 robotics club – A6 (Mr Morgan) Year 8 Design Technology club – A8/A9 (Mr Knott) 	<ul style="list-style-type: none"> Year 7 Basketball (Mr G.S + Mr Smith) Year 8 Football – Team Training (Mr Webb) ODD WEEK ONLY KS3 LGBTQ+ Society – (S16/S17)
KS4 and KS5 12.50 – 13.50	<ul style="list-style-type: none"> Year 10 Basketball (Mr Smith) Chess Club - Week 2 KS4 and KS5, A2. (Mr Runacres) Beths Bar Year 7 and 8 Robotics 	<ul style="list-style-type: none"> Year 8 and 9 Basketball, School Production Rehearsals – P3, 	<ul style="list-style-type: none"> Sixth form: Football, Rugby, Basketball, Netball (Ms Deane/Ms Ewing) Eco-club: KS4/5 –A7A (Geography department) Music KS4 Revision 	<ul style="list-style-type: none"> Girls Fitness Sports Hall (Ms Ewing) 	<ul style="list-style-type: none"> Sixth form Basketball (Team) KS4 Badminton LGBTQ+ Society – S15 (Ms Harris) KS5 Music Revision
After school 3.20 – 4.45pm	<ul style="list-style-type: none"> Rugby Training Years 7 – 10 KS3 Badminton (Mr Healy) School Production Song writing Club, Computing Year 11 and 13 revisions, KS4 Robotics Club – A6 Song Writing Club – P2 	<ul style="list-style-type: none"> Year 8 Basketball – Team Training (Mr Webb) School Production Orchestra 	<ul style="list-style-type: none"> Warhammer Club, S1 (Mr Turnbull) Year 8 and 9 Basketball 6th form band (session 3 in P2, 2-3pm) Piano orchestra Anime Piano Club – P2 	<ul style="list-style-type: none"> KS3 Football (ALL) KS4 Basketball Year 7 STEM club -S12 (Mrs Sarkar) Choir (all staff and students invited) – P12 (Ms Marriot) KS3 Violin Club, Beths Singers 	<ul style="list-style-type: none"> Big Band Rehearsals Year 7 Basketball

The full list of clubs and activities can be found on the school's website

<https://www.beths.bexley.sch.uk/page/?title=Extra+Curricular+Activities&pid=50>



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RESULTS AND FIXTURES

Results for week commencing 9th May:

CRICKET					
09.05.22	Ford Cup	U12A	V Dartford Grammar School for Boys	Away	Lost by 4 wickets
10.05.22	North Kent Cup	U13A	V Chis and Sid Grammar	Away	Lost by 22 runs
11.05.22	North Kent Cup	U14A	V Chis and Sid Grammar	Away	
12.05.22	North Kent Cup	U15A	V Chis and Sid Grammar	Away	Withdrawn

Fixtures for week commencing 16th May:

CRICKET					
19.05.22	Ford Cup	U12A	V Chis and Sid	Away	Start time 4pm
ATHLETICS					
18.05.22	ESAA track and field	Multiple year groups	V South East Schools	Neutral	Start time 10am



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LUNCH MENU W/C 16TH MAY

INDEPENDENTCATERING | EDUCATER LIMITED



MONDAY 16 MAY

MAIN Italian Style Beef Lasagne served with Garlic Bread Shard,
Garden Peas and Seasonal Kentish Leaf Salad
MAIN Vegetable Chilli Burritos loaded with Cheese and Salsa served with Rice,
Garden Peas and Seasonal Kentish Leaf Salad (VEGETARIAN)

STREET FOOD OF THE DAY

DESSERT Mandarin Sponge and Custard

TUESDAY 17 MAY

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

STREET FOOD OF THE DAY

DESSERT Mixed Berry Cheesecake

WEDNESDAY 18 MAY

MAIN Roast British Gammon served with Pineapple, Crispy Roast Potatoes,
Fresh Broccoli and Roasted Root Vegetables
MAIN Spring Vegetable Tartlet served with Crispy Roast Potatoes,
Spring Cabbage and Roasted Root Vegetables (VEGETARIAN)

STREET FOOD OF THE DAY

DESSERT Caramel Apple Cake with Custard

THURSDAY 19 MAY

MAIN Sausage Toad in the Hole, Stacked Yorkshire with Onion Gravy
and Creamy Mashed Potatoes, Fresh Carrots and Garden Peas
MAIN Vegetable Chow Mein served with Soy and
Ginger Chinese Leaf Cabbage and British Pak Choi (VEGAN)

STREET FOOD OF THE DAY

DESSERT Treacle Sponge and Custard

FRIDAY 20 MAY

MAIN Battered Cod and Chips served with Peas,
Mushy Peas, Beans and Chef's Salad
MAIN Wild Mushroom and Bean Fricassee with
Sweet Peppers and Rice or Chips and Peas (VEGETARIAN)

STREET FOOD OF THE DAY

DESSERT Fruits of the Forest Pavlova

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

THE DELI

FRESH CUT SANDWICHES - ROLLS - WRAPS - PITTAS - BAGUETTES

SEE THE BLACK BOARDS FOR SOUPS, THEME DAYS AND THE CHEF'S SPECIAL

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

WE ONLY USE



FRESH MEAT



FRESH PRODUCE



FREE RANGE EGGS



ORGANIC MILK



LOCAL PRODUCE



WHOLEMEAL PASTA

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BETHS PARENTS ASSOCIATION:

1. Reuse, Reduce, Recycle Scheme: PA's new 3Rs scheme

Thank you to all parents who are generously supporting our fundraising activities. In the meantime, we are introducing an easy way to raise money for our students:

Match funding scheme: Any work parents do to raise money for the school is eligible for fund matching. Parents can claim by checking with their company if they do match funding by either:



1. Company intranet



2. Manager



3. Human Resources.



Contact us and we will provide you with a letter evidencing your great involvement in our events with the amount raised.

Promoting Musical Instruments



Our target of £2,000 so please kindly donate via this QR code anytime from now on or by following this link:

<https://cafdonate.cafonline.org/17270>



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BETHS PARENTS ASSOCIATION:

Lighting for drama



The new lights which the Drama department is requesting are state-of-the-art remote-controlled lights which vary in colour and will provide an even better experience for future theatrical productions.

Our target of £1,000 should not take too long to reach so please kindly donate via this QR code anytime from now on or by following this link: <https://cafdonate.cafonline.org/17269>

Foreign Coins Collection: the counting and weighing on Wednesday 20th April

We have collected 21kg of foreign coins (to be sent off and cashed in), plus 175 Euros, 49 USA dollars plus lots of other notes to convert into £s.

We'll keep you posted on the final total raised!

THANK YOU for your continuous support.



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BETHS PARENTS ASSOCIATION:

4. Raise money for these thrilling projects and Giftaid it!



Generating donations & It doesn't cost you anything!

Many among us are shopping online! **Help us raise more funds while you do your shopping!** Please go to smile.amazon.co.uk and search for Beths Parents Association. You need to start each of your shopping sessions at the **URL smile.amazon.co.uk**.



If you shop elsewhere online, please join **Easyfundraising**. Again it costs nothing to you and Beths PA will automatically receive a donation.

You can sign up at www.easyfundraising.org.uk/BethsPA and we will receive a donation anytime you shop. If you are eligible, please also give gift aid to maximise the donation.

The other exciting projects chosen by parents with the aim to **raising £10,000 which can be increased by 25% with Giftaid**

Over £3,000 has already been raised! **THANK YOU!** Every £ help us to get closer to our target goal.



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BETHS PARENTS ASSOCIATION:

Reuse, Reduce, Recycle Scheme: PA's new 3Rs scheme

We are asking for any donations of nearly new blazers and unembroidered PE kit. Please do consider donating to our PA Uniform Shop. Simply drop them off at the School Reception! We are selling these items, please email the PA via beths.parents.association@gmail.com.



BETHS PA
NEARLY NEW UNIFORM SHOP

Uniform Donations are very welcome.
Please contact for donations and purchases:
beths.parents.association@gmail.com

Price List:
Blazers £10
Trousers £3
Jumpers £3
PE Shorts £5
Tracksuit Bottoms £5
Tracksuit Top £5
Long Sleeve Games top £5
Short Sleeve Games top £5
House colour PE top £5
White shirts £3 New £5
House Tie £1

Friends and Sponsors of Beths Parents Associations

We would like to say a special THANK YOU to our sponsors and William Jones who have generously donated towards our three editions of Beths Parents Association Online Chess Tournament, with cash functions and prizes for the winners.



Why not become a Sponsor by donating and having your business logo published on our pages! Please contact us for more details:
beths.parents.association@gmail.com
THANK YOU!

Important dates

- Uniform Sale - Year 6 Parents Evening: Monday 20th June 2022 @4.30pm



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BETHS PARENTS ASSOCIATION:



Next meeting: on Tuesday 10th May 2021 @
7.30pm - Zoom

Please keep checking on our website and social media pages
for upcoming events



beths.parents.association@gmail.com



Beths Parents Association



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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