

BETHS VIP

Excellence - Community - Respect - Nurture

MESSAGE FROM THE HEADTEACHER



Dear Parents, Carers,

This week our students have been involved in British Science Week, using their science and engineering skill to make items such as water wheels and paper aeroplanes, building towers using spaghetti and jelly babies (how many of those were eaten I wonder!) and for the older Key Stage students they learnt how to immobilize lactase, created bouncy balls and made newspaper bridges. Our Year 12 students enjoyed

Dr Salem on research in Chemistry, Mr Beaney on discoveries within physics and former student Gwyn Bowen, on life as a Medic and new drugs in the NHS.

This week we have our school production of The Dumb Waiter and DNA. Next week we have our Spring Concerts taking place on Tuesday 21st and Friday 24th March, at 6pm. Tickets can be purchased via Ticket Source, more information can be found in this VIP.

We have had some sporting successes recently too. Our U17s Basketball team beat Folkestone Academy in the Area Cup Semi Finals, securing their place in the final. Our U14s and U13s team beat Langley Park School for Boys and Rainham Mark Grammar School respectively, in the Area Cup quarter final, securing their way to the Semi Final.



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One of our Year 9 students, Raynon, went to Abu Dhabi to represent Beths, Charlton Athletic FC, and England in the Al Jazira International Cup. The other teams in the tournament were Al Jazira, Al Ain, Al Wahda (United Arab Emirates), PSV Eindhoven (Netherlands), Le Havre (France), FK Partizan (Serbia) and Valencia (Spain). Charlton won all of their group games and faced PSV in the semi-final where Raynon scored a fantastic individual goal dribbling the ball the full length of the pitch and past 3 defenders, to then keep his composure and slot the ball into the bottom right corner.

The team then faced Valencia in the final at the Mohammed Bin Zayed Stadium. It was an extremely tight contest between the two sides with chances at both ends, however Valencia claimed the title winning the game 1-0 after a well taken penalty.

Although no trophy, Charlton played very well and Raynon had a fantastic tournament scoring 3 goals. We are very proud of him and hope he goes on to achieve great things in the future!

Kind regards,
Richard Blyghton



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STUDENT SUCCESS - RAYNON 9H

On Thursday 2nd March Raynon set off to Abu Dhabi to represent Beths, Charlton Athletic FC, and England in the Al Jazira International Cup. The other teams in the tournament were Al Jazira, Al Ain, Al Wahda (United Arab Emirates), PSV Eindhoven (Netherlands), Le Havre (France), FK Partizan (Serbia) and Valencia (Spain).

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STUDENT SUCCESS - RAYNON 9H

Abu Dhabi was a great experience for me as a young footballer it was amazing to learn other cultures such as trying new foods learning different languages and simply appreciating the beauty of it.

Playing against teams of other nationalities was very interesting because there were many different styles of playing which helped me develop and gain more experience. Whilst I was in Abu Dhabi, I also took part in many activities such as swimming bike riding and simply exploring and this was a great experience overall!



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STUDENT SUCCESS - MATTHEW 10B WALK FOR ALZHEIMERS



Matthews' (15) Grandpa (71) has been diagnosed with Alzheimer's. Matt wants to do a sponsored walk to his Grandpa's house. Easy you say!!

Matt lives in Dartford and Grandpa lives in Redditch. Yes it is a long way!!!

Matt is going to walk the nearly 140miles and will do this over seven days. 3rd-9th April 23

He has decided to complete this walk on behalf of Alzheimer's Research and any donations will help this amazing charity with its work combating this awful disease. Grandpa is not the only person in our family that Alzheimer's and dementia has afflicted and I am sure we are not alone. Thank you for looking at our page.

Link to his donation page:

[https://www.justgiving.com/page/matthewsmarch?
utm_term=G8e5zmxVd](https://www.justgiving.com/page/matthewsmarch?utm_term=G8e5zmxVd)

-By Rebecca Bennett



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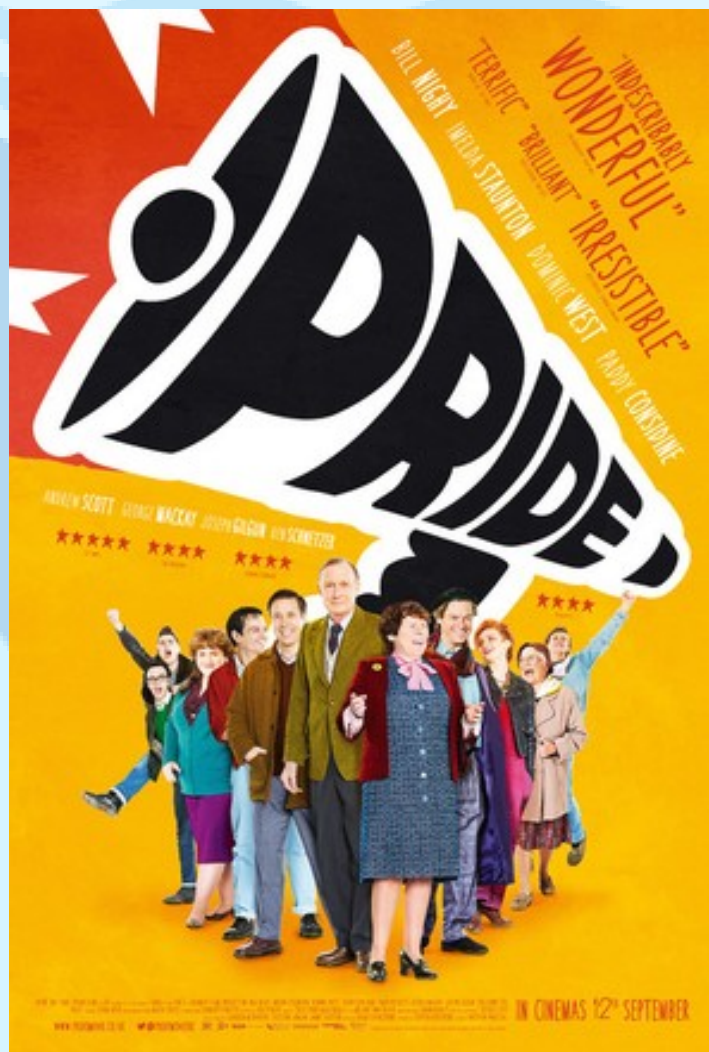
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LGBTQ+ HISTORY MONTH

Beths celebrated LGBTQ+ History Month in style this year, recognising the achievements and historical contributions of LGBTQ+ people and the diverse make-up of our population. Events included assemblies, a film night showing 'Pride' (2014), Kahoot quizzes, LGBTQ+ calendars and information displays, a LGBTQ+ reading challenge, a school trip up to London and a series of inspiring guest speakers from the charity 'Just Like Us' to speak to every year group about their experiences growing up LGBTQ+. But, as noted in the assembly, learning about LGBTQ+ history isn't just for a month- it's a very rewarding endeavour all year long!



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LGBTQ+ HISTORY MONTH

LGBTQ+ History Month #Behind the Lens

1. Sir Ian McKellen, Actor and Activist Ian McKellen Stonewall	2. Frida Kahlo, Artist. Frida Kahlo: 100 Paintings Analysis, Biography, Quotes, & Art	3. Kay Tobin Lahusen, Photographer Kay Tobin Lahusen and Diana Davies Photographed Queer Life in the 1960s Artsy	4. The legacy of the Hays Code The Legacy of the Hays Code » Teaching LGBTQ History	5. RuPaul, Musician, Model, Actor RuPaul - TV Shows, Husband & Facts - Biography	6. Dean DeBlois, Director Dean DeBlois - IMDb	7. Joel Schumacher, Director Joel Schumacher movies: the late director's 10 best films (nme.com)
8. Elton John, Musician. Elton John - IMDb	9. Stephen Fry, Actor, Writer and Comedian. Official site of Stephen Fry	10. Cheryl Dunye, Cinematographer On Cheryl Dunye – Women in Film	11. Matthew Bourne, Choreographer Matthew Bourne Islington's Pride (humap.site)	12. Christopher Marlowe, Playwright Christopher Marlowe The British Library (bl.uk)	13. The Wachowskis, Cinematographers The Matrix Was a Trans Allegory, Confirms Lilly Wachowski Vanity Fair	14. Alan Bennett, Playwright and Actor. BFI Screenonline: Bennett, Alan (1934-) Biography
15. Fatima Robinson, Choreographer. Fatima Robinson - IMDb	16. Dusty Springfield, Singer Dusty Springfield Biography, Songs, & Facts Britannica	17. Patrick Starr, Make Up Artist. Patrick Starr Speakers United Talent Agency UTASpeakers.com	18. Janis Joplin, Singer. Janis Joplin Biography, Songs, & Facts Britannica	19. Bisexual Lighting Is 'bisexual lighting' a new cinematic phenomenon? - BBC News	20. Gerard Way, Musician and Writer Everything you need to know about Umbrella Academy creator Gerard Way (thetab.com)	21. Elliot Page, Actor Elliot Page - IMDb
22. Dee Rees, Cinematographer Dee Rees - IMDb	23. Dame Ethel Smyth, Composer Ethel Smyth The British Library (bl.uk)	24. Ladyhawke Ladyhawke SHOWstudio	25. Pyotr Tchaikovsky, Composer 15 important LGBTQ+ composers in classical music history - Classic FM	26. Rotimi Fani-Kayode Rotimi Fani-Kayode The Guggenheim Museums and Foundation	27. Joel Kim Booster, Writer, Actor, Comedian Joel Kim Booster - IMDb	28. Laverne Cox, Actor and Activist Laverne Cox - IMDb

Further resources:

- LGBTQ+ History Month: [LGBT+ History Month - LGBT+ History Month \(lgbtplushistorymonth.co.uk\)](#)
- The Proud Trust: [LGBT+ History Month - The Proud Trust](#)
- LGBTQ+ History Month Scotland: [LGBT History Month | Home](#)
- RainbowFlag Award: [LGBT+ History Month – Rainbow Flag Award](#)
- Stonewall: [LGBT+ History Month 2023 | Stonewall](#)

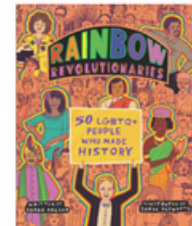
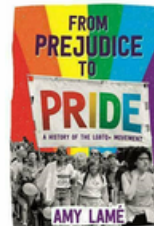


LGBTQ+ History Month

1. Dr James Barry, Surgeon. The Extraordinary Secret Life of Dr. James Barry - HISTORY	2. Frida Kahlo, Artist. Frida Kahlo: 100 Paintings Analysis, Biography, Quotes, & Art	3. Storme deLarverie, Activist Storme DeLarverie's Journey From Drag King to Iconic Activist them.	4. Alan Turing, Mathematician. How Alan Turing Cracked The Enigma Code Imperial War Museums (iwm.org.uk)	5. Marsha P Johnson, Activist. Pride Month: Who was Marsha P. Johnson and why were they so important? - CBBC Newsround	6. Andy Warhol, Artist. Andy Warhol 1928-1987 Tate	7. Barbara Gittings, Activist. Barbara Gittings Legacy Project Chicago
8. Jackie Shane, Musician. Jackie Shane: remembering the groundbreaking trans soul singer Soul The Guardian	9. Sylvia Rivera, Activist. Sylvia Rivera - Speech, Stonewall & Death - Biography	10. Piers Gaveston, King's Favourite (Edward II) Piers Gaveston, Hugh Despenser and the Downfall of Edward II English Heritage (english-heritage.org.uk)	11. Aelred of Rievaulx, Monk and Author Aelred of Rievaulx English Heritage (english-heritage.org.uk)	12. Rita Sackville-West, Poet. Experiments in Gender: Women and Masculine Clothing English Heritage (english-heritage.org.uk)	13. Alexander the Great, Conqueror. Alexander the Great or Alexander the Gay? - Department of Archaeology, Classics and Egyptology - University of Liverpool	14. James Baldwin, Author. James Baldwin - Quotes, Books & Poems - Biography
15. Gilbert Baker, Activist. The home of Rainbow Flag creator Gilbert Baker and the memoir RAINBOW WARRIOR.	16. Mark Ashton, Co-Founder of Lesbians and Gays Support the Miners Movement. Mark Ashton – The Embodiment of Pride (canterbury.ac.uk)	17. Lili Elbe, Painter and Early Recipient of Transgender Surgery. The Danish Girl Official Trailer #1 (2015) - Eddie Redmayne, Alicia Vikander Drama HD - YouTube	18. Josephine Baker, Musician, WW2 Spy and Activist. Josephine Baker National Women's History Museum (womenshistory.org)	19. Nancy Cardenas, Artist. Nancy Cardenas Part I – Making Queer History	20. Chevalier D'Eon, Soldier and Spy. Chevalier d'Eon and gender non-conformity in the 18th century Sky HISTORY TV Channel	21. Audre Lorde, Poet and Activist. Audre Lorde Poetry Foundation
22. Wilfred Owen, Poet and Soldier. Wilfred Owen biography introduced by Guy Cuthbertson - YouTube	23. Harvey Milk, Politician and the First Openly Gay Elected Official in the History of California The Hope Speech Sir Ian McKellen Figures of Speech - YouTube	24. Bayard Rustin, Activist and Advisor to MLK. Bayard Rustin: Gay Civil Rights Activist (blackhistorymonth.org.uk)	25. Ifti Naseem, Poet and SANGAT Creator. IFTI NASIM – Chicago LGBT Hall of Fame	26. Simon Nkoli, Founder of GLOW. Simon Nkoli South African History Online (sahistory.org.za)	27. Two Spirits, One Heart, Five Genders, Indigenous North American Gender Fluidity Two Spirits, One Heart, Five Genders - Indian Country Today	28. Karl Ulrichs, Legal Advisor and Author. Karl Ulrichs Legacy Project Chicago

Further resources:

- Historical Association:
 - [Early Modern LGBTQ+ History / Historical Association](#)
 - [British LGBTQ+ History: 1800-1914 / Historical Association](#)
- [Making Queer History: Making Queer History](#)
- Stonewall: [Stonewall | Acceptance without exception](#)
- [Facing History and Ourselves \(American Focus\): Lesson: LGBTQ History and Why It Matters | Facing History](#)
- [A History of Queer China: A Brief History of Queer China \(mygwork.com\)](#)
- [Black Past: With Pride: Uplifting LGBTQ History On Blackpast](#)
- [Pride of Place: Pride of Place: England's LGBTQ Heritage | Historic England](#)
- [LGBTQ+ History Month: - LGBT+ History Month \(lgbtplushistorymonth.co.uk\)](#)
- [Queer Pride Flags: The Complete Guide to Queer Pride Flags](#)
- British Museum LGBTQ+ trail: [Desire, love, identity: LGBTQ histories | British Museum](#)
- [LGBTQ+ History Month is February in the UK](#)



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KS3 TAEKWONDO

On Wednesday 15th March some of our KS3 students had the wonderful opportunity to partake in a taekwondo course during lunchtime. They had a wonderful time and learnt loads of new skills!



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STEM CLUB

This week was the last week of the survival in a desert island project. Students found this session extremely interesting when they had to dissect and name different parts of fish as a part of their survival.



SIXTH FORM FOOTBALL FINALS

Congratulations to our 1st XI and 2nd XI football teams who made it to the Kent Football finals which will be held on 18th March. Please see details and how to purchase tickets below.

Ticket link: <https://www.eventbrite.co.uk/e/ksfa-under-19-super-saturday-tickets-560776075337>

U19 Super Saturday coming up!

Date: Saturday 18th March

Location: Herne Bay Football Club, Stanley Gardens, Herne Bay, CT6 5SG

U19 2nd XI Trophy Final - kick-off 14.00
Beths V Maidstone Grammar

U19 White Cup Final - kick-off 16.00
Sevenoaks School V Beths



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SPRING CONCERT

Help support the aspirations of the musical students at Beths Grammar School. Students from years 7 – 13 will perform a wide variety of music, from jazz bands, chamber ensembles, solo performances and the Beths school orchestra. Help us to celebrate the musical talents of the Beths School Community.

Tickets to the show can be purchased here:

<https://www.ticketsource.co.uk/whats-on/hartford-road/beths-grammar-school/spring-concert/e-qpezdl>

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SPRING CONCERT



March 21st and 24th, 6pm

**Tickets available on
Ticketsource**



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NATIONAL CAREERS WEEK, 6TH- 11TH MARCH



There was a full programme of events across the school to celebrate National Careers Week.

Each form in Key Stage 3 was allocated a letter of the alphabet (excluding the difficult ones) and had to come up with as many jobs or careers that begin with that letter. We wanted the students to understand the range of careers that are available now and think about those that they might consider in the future. Across the whole of Key Stage 3, the students came up with over 2000 careers which was amazing.



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NATIONAL CAREERS WEEK, 6TH- 11TH MARCH

The winning form was Form 8A. Their letter was D and they came up with an impressive 418 entries including Deck Engineer, Diver, Dry Kiln Operator, Dice Maker and Dermatologist. However, that's not the whole story. This incredible effort was actually the work of just one student, Kesavan S, who was given an Amazon voucher for his hard work.

In second place was form 7W who thought of 254 careers beginning with W (including a lot that happen in a warehouse), and in third place was form 7B with 245 job titles beginning with B. Because these forms had worked so hard each were given an edible prize!

There was also a House Points competition and each House was awarded the equivalent number of points from across all three year groups.

House Points		
Abbey 559	Wickham 457	Cray 327
Brampton 301	Eardley 218	Hurst 140

Some of the Year 11 Careers Prefects worked with the Careers Team to produce an assembly for Key Stage 4. One prefect researched highest paid jobs, another careers linked to Biology and Chemistry (including Research analyst and Forensic Science technician) and another his aspirations on becoming an actuary.



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NATIONAL CAREERS WEEK, 6TH- 11TH MARCH

Becoming an Actuary The career I am interested in

I am interested in pursuing a career in mathematics and economics.

A job which I am interested in is an Actuary.

Actuaries are problem solvers and strategic thinkers, who use their mathematical skills to help measure the probability and risk of future events. They use these skills to predict the financial impact of these events on a business and their clients.

For this job I will have to study Maths A-level and a Maths based degree at university.

The average salary for an actuary in the UK is £70,748.



There are lots of careers – with both high and low pay.

Follow your passion and when you choose subjects for A-level, think about the ones that you enjoy.

Remember, your career is your livelihood.



Building and
enhancing your
professional profile

In PSHCE students in Years 12 and 13 were given a recorded presentation on LinkedIn, helping them to build and enhance their professional profile.

The session was created and presented by Jo Simmons, a Beths parent, who is a senior account manager for LinkedIn. She manages the advertising accounts for the UK and Irish governments.

This was an incredibly useful session for our students – with both practical and strategic input. LinkedIn has 900 million members, 58 million companies, and 8 people get a job on LinkedIn every minute. It's a place where students can make connections with top professionals, explore opportunities, and gain industry experience.

For the large number of our Year 12 students who are yet to find work experience, and with time running out (deadline Monday 17th April), LinkedIn is also a great way to connect with businesses and employers.



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BASKETBALL FUNDRAISER

£1 TO PLAY

BASKETBALL WEEK

**THIS IS WHAT BASKETBALL DREAMS ARE MADE OF.
DON'T MISS A MOMENT OF APRIL FUN & GAMES.**

**17-21
APRIL**

EVERYDAY IN SPORTS HALL
LUNCH TIME



*HOUSE BASKETBALL
STUDENT V TEACHER
SHOOTING GAMES
DRIBBLING RACES
AND MORE*



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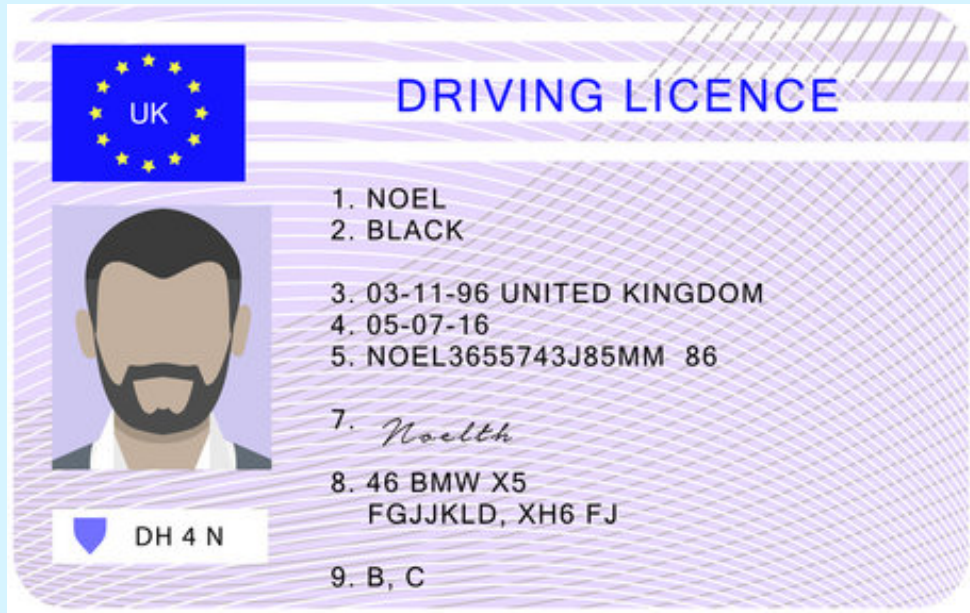
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VOLUNTEER DRIVERS NEEDED

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



SPORTS FIXTURES AND RESULTS

Results for week commencing 13th March 2023

FOOTBALL					
13.03.23	North Kent Semi Finals	U13B	V Haberdasher' Aske's Crayford Academy	Away	Won 0 - 6
BASKETBALL					
10.03.23	Area Cup QF	U17A	V Haberdashers Aske's Knights Academy	Away	Won
13.03.23	Area Cup QF	U14A	V Langley Park School for Boys	Home	Won 54 – 40
14.03.23	Area Cup QF	U13A	V Rainham Mark Grammar School	Home	Won
15.03.23	Area Cup SF	U17A	V Folkestone Academy	Away	Won

Fixtures for week commencing 18th March 2023

FOOTBALL					
17.03.23	North Kent QF	U13A	V Bexley Grammar	Home	KO 2:30pm
18.03.23	Kent Finals	2 nd XI	V Maidstone Grammar School	Neutral Herne Bay FC	KO 2pm
18.03.23	Kent Finals	1 st XI	V Sevenoaks School	Neutral Herne Bay FC	KO 4pm
20.03.23	North Kent SF	U16A	V Hurstmere School for Boys	Home	KO 2:30pm
22.03.23	Kent League	1 st XI	V Langley Park School for Boys	Home	KO 2pm
BASKETBALL					
17.03.23	Area Cup SF	U18A	V Canterbury High School	Away	Tip off 2:30pm
20.03.23	Area Cup SF	U13A	V Maidstone Grammar	Home	Tip off 4pm
20.03.23	Area Cup SF	U18A	V Tonbridge	Away	Tip off 2:15pm
21.03.23	Area Cup SF	U14A	V Canterbury High School	Away	Tip off 3:20pm
21.03.23	Area Cup SF	U12A	V Langley Park School for Boys	Home	Tip off 4pm
RUGBY					
22.03.23	East Kent Emerging Schools 7s	U14A	V Various Kent Schools	Away	Start time 9am
23.03.23	Friendly	U13A	V Oakwood Park Grammar School	Away	Start time 2:30pm

*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			KS3 Basketball Sports Hall	KS3 Basketball Sports Hall	
	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
Lunch	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	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
After School	STEM Club Y7 S12 Ms Sarker				

KS4 Clubs

Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
			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		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
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		Psychology Club MCC Mr Walsh and Ms Moffat Debating Club M4 Mr Chamberlain	
			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	
After School	** Group Piano lessons 3:30-4:30 P2	Orchestra 3:40-4:45pm in the Main School Hall			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					
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>	<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>



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

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

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