

# BETHS VIP

Excellence - Community - Respect - Nurture



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# ASIAN CELEBRATION EVENT

Join us for the Asian Celebration Event, a collaboration between Beths Grammar School and Townley Grammar School, celebrating the rich diversity of Asian cultures!

Date: 24th January 2024,

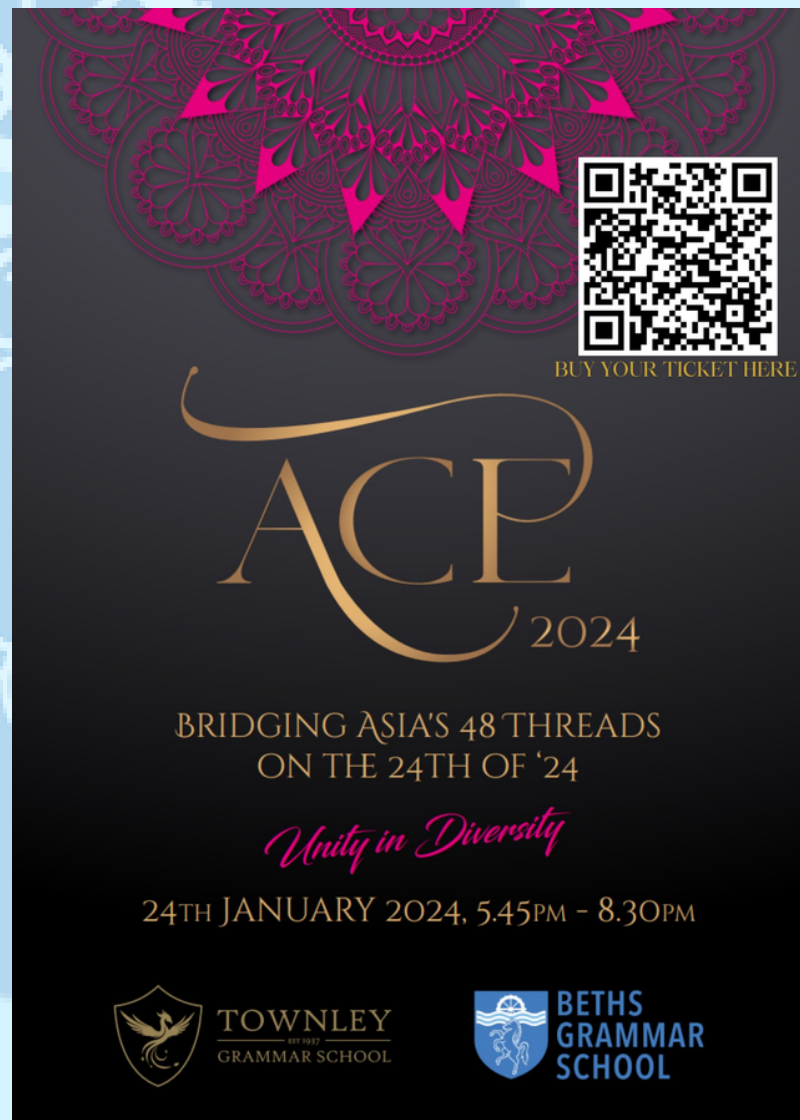
Time: 5:30pm- 8:00pm,

Venue: Townley Grammar School, Townley Road, Bexleyheath DA6 7AB

Enjoy mesmerizing cultural performances, indulge in authentic Asian cuisine at our food sales, and explore interactive exhibits showcasing the beauty and traditions of Asia. Let's come together as a community to embrace diversity and foster unity. Don't miss this opportunity to experience the vibrancy of Asian cultures! Save the date, spread the word, and join us for an unforgettable celebration!

Tickets are available through this link

<https://wearetownley.com/event/asian-celebration-evening>



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# YEAR 10 CHINESE LESSONS

Our Year 10 Mandarin students received letters from students in our partner school in Beijing! They were so excited to read the letters from their Chinese pen pal friends and they are looking forward to replying to them in Chinese!



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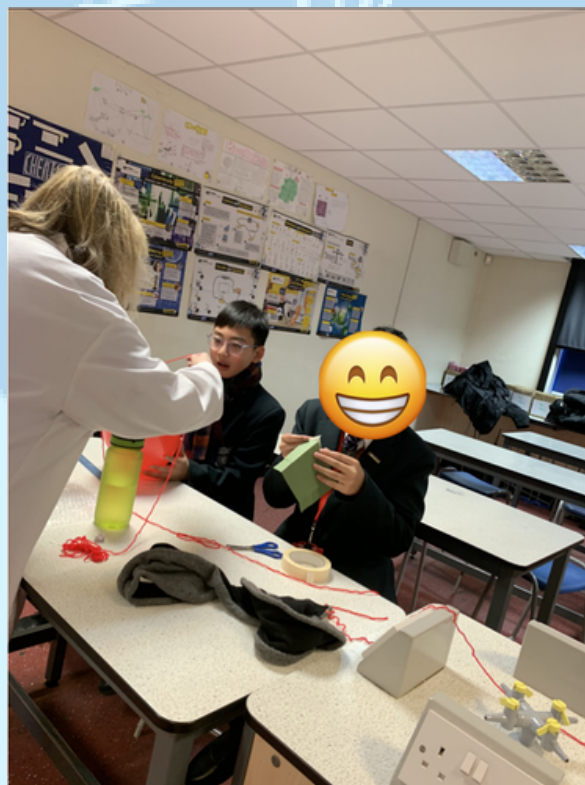


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# STEM CLUB

STEM Club started this year with a bang. Students were set the task to create parachutes to protect their eggs during an egg drop challenge! Well done for your creativity and protecting your eggs!



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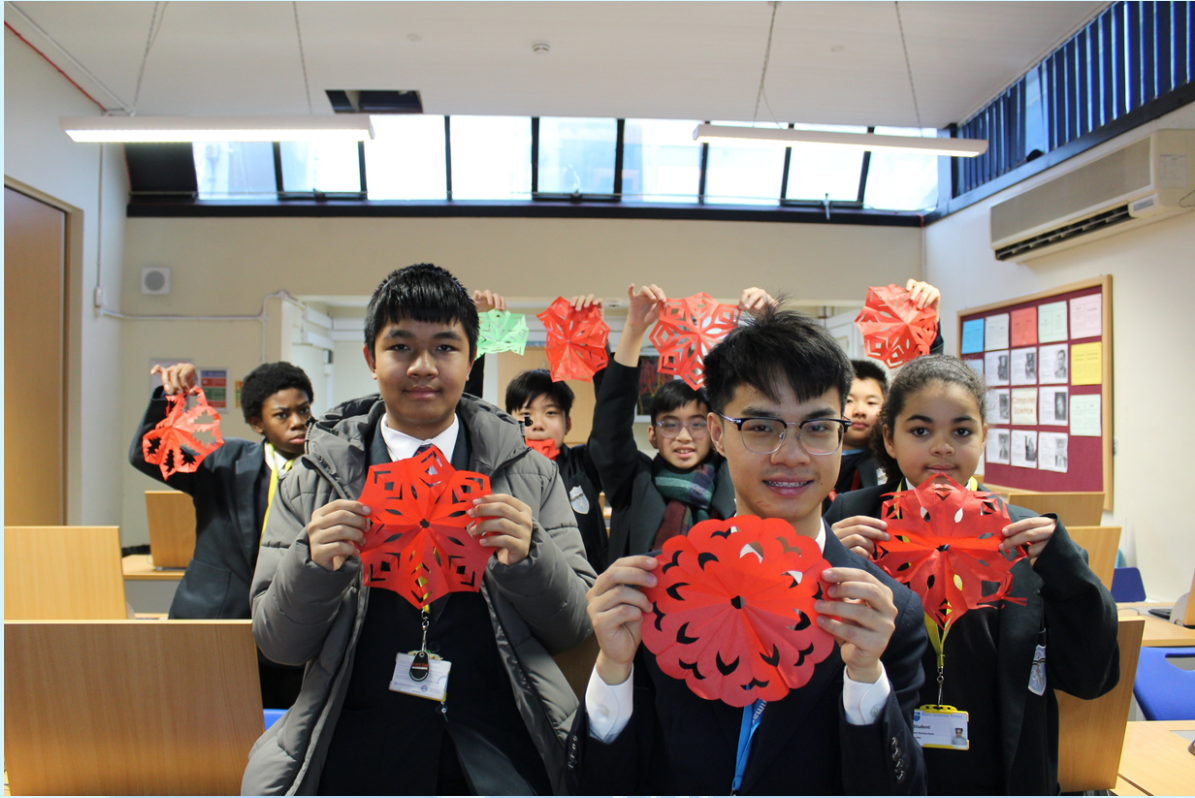


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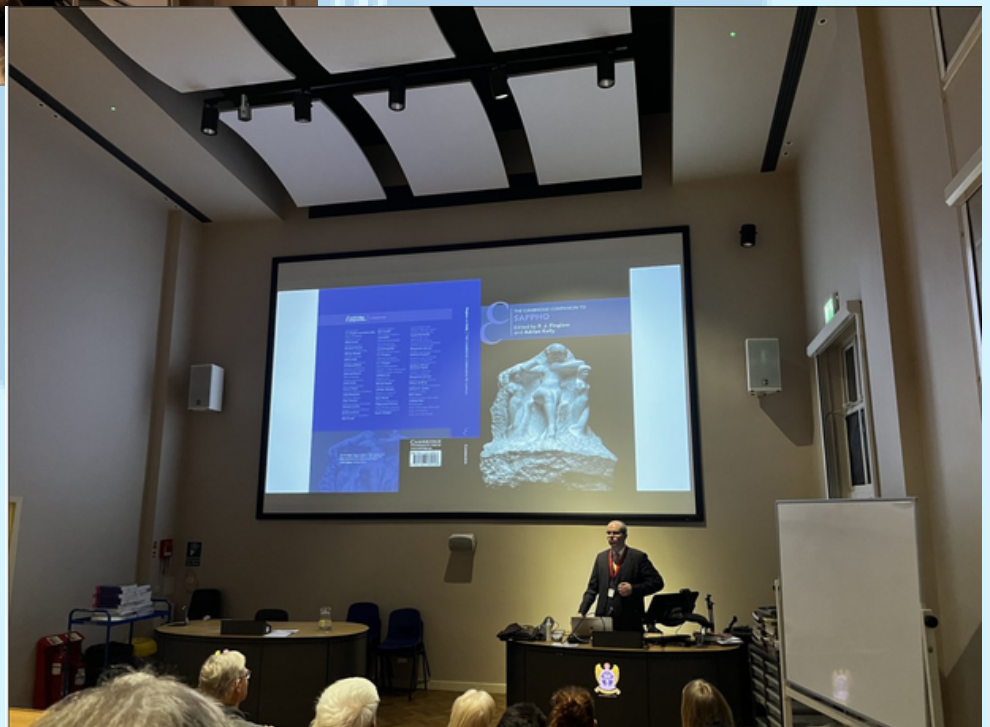
# KS3 CHINESE CLUB

During KS3 Chinese Club this week, students made paper cuttings. Well done for all your hard work, they look wonderful!



# CLASSICS CIVILISATION LECTURE

On Thursday, 18th January, students of Latin, Ancient History and Classical Civilisation were invited to Dartford Grammar School's Annual Classics lecture given by Professor Finglass on 'Sappho: The Tenth Muse'. It was a fascinating and engaging lecture exploring the significance of Sappho's work in literary canon spanning thousands of years and a close analysis of the emotional and honest tones that make her poetry still so relatable and readable today.





# FIXTURES AND RESULTS

## Results for week commencing 15th January.

FOOTBALL					
Date	Competition	Team	Opposition	Venue	
15.01.24	North Kent	U16A	V Wilmington Grammar	Away	Draw 3-3
17.01.24	Kent League	2 <sup>nd</sup> XI	V Farringtons School	Away	Lost 3-2
19.01.24	North Kent	U15A	V Hurstmere	Away	2pm

BASKETBALL					
Date	Competition	Team	Opposition	Venue	
15.01.24	Kent Cup	U18A	V Northfleet technology college	Home	Won 54-49
16.01.24	Kent Cup	U12A	V Trinity	Home	Won 48-13
17.01.24	Kent Cup	U18A	V Hayes	Away	Won 47-54

\*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](http://bethssport.co.uk)).

If you have any questions, please email us at [fixtures@beths.bexley.sch.uk](mailto:fixtures@beths.bexley.sch.uk)

# FIXTURES AND RESULTS

## Fixtures for week commencing 22nd January.

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
22.01.24	North Kent	U12A	V Cleeve Park	Away	2:30pm
23.01.24	North Kent	U15A	V Welling School	Away	2:30pm
24.01.24	Kent Cup	1 <sup>st</sup> XI	V Dane Court Grammar School	Home	2pm
24.01.24	Kent League	1 <sup>st</sup> XI Girls	V Langley Park School for Boys	Away	2pm

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start time
22.01.24	Kent Cup	U15A	V Bexley Grammar	Home	4pm
23.01.24	London Youth Games	U14A	V The Royal Liberty School	Away	3:45pm

RUGBY					
Date	Competition	Team	Opposition	Venue	Start time
22.01.24	Friendly	U13A	V Dartford Grammar	Away	2:15pm
24.01.24	Friendly	1 <sup>st</sup> XV	V Oakwood Park Grammar School	Home	2:30pm
27.01.24	Friendly	U12A, U12B, U13A	V Chislehurst and Sidcup Grammar School	Home	10:30am
27.01.24	Friendly	U15A	V Chislehurst and Sidcup Grammar School	Away	10:30am

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

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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 devices which we believe trusted adults should be aware of. Please visit [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

## SMARTPHONE SAFETY TIPS for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

NOS National Online Safety® #WakeUpWednesday

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