

SPORTS UPDATE

This week saw the return of Beths Grammar School House Football competition. Congratulations to all those who took part, we hope you enjoyed yourselves and keep an eye out for all the house competitions still to come! And the winners are....



Year 7 Hurst

Year 8 Abbey are the football House champions for the second year in a row!



For the third year in a row, Year 9 Wickham are crowned House Champions!



@BethsGrammar



Beths Grammar School



@BethsGS

SPORTS UPDATE

Year 10 Hurst are the football House Champions for 4 years in a row!



Well done to our Sixth Form Rugby team who partook in the Roebucks Academy Super 10's tournament last week. They won 5 out of 6 of their games!

EAST KENT EMERGING SCHOOL RUGBY FESTIVAL

This week, our Year 7 and 9 Rugby team attended the East Kent Emerging School's Rugby competition at Canterbury Rugby club. Congratulations to both teams for winning their respective competitions!



@BethsGrammar



Beths Grammar School



@BethsGS

NEW PREFECT TEAM 2024

Our School Prefects will be led by our Student Leadership Team. From left to right: Mateo (Deputy Head Boy), Sky (Deputy Head Girl), Lewis-Jae (Head Boy), Sienna (Head Girl), Ayoola (Deputy Head Boy) and Imogen (Deputy Head Girl).

Congratulations to our new team!



EASTER AFTERNOON TEA

On Tuesday we held an Easter afternoon tea for the retired and semi-retired members of our community. It was a delightful afternoon filled with music, food, raffles and much more! We hope you had a wonderful time, and we look forward to seeing you at the next one!



The afternoon was well attended and like myself I think everyone found it enjoyable. The boys who provided the musical interludes performed excellently and to a very high standard. In fact all the students who were involved did the school proud and should be congratulated. It was great to see the students chatting and interacting with the guests. I look forward to the next meeting especially as with everything else, the refreshments were top quality. " - C A Smyth (an attendee)



@BethsGrammar



Beths Grammar School



@BethsGS

LONDON MARATHON

On Sunday 21st April Ms West and Mr Webb will be running the London Marathon 2024 to raise money for Macmillan Cancer Support and Ability Bow, a charity that helps provide exercise support for those with long term disabilities.

In support of Ms West and Mr Webb, we are setting up a fundraising challenge for students (and anyone in the Beths community) to walk/run as much as they can in the next 5 weeks! Students can record their walk/runs using any online app (Strava, Nike Run etc.), where there will be prizes given to those who accumulate the greatest distances. Through this challenge we hope to raise awareness of such a great cause, and show our support as a community. Donations can be made through this fundraising page

https://www.justgiving.com/crowdfunding/bethsgrammar-school?utm_term=J8WjgpGz5, and on behalf of Ms West, Mr Webb and the School, thank you for all of your support and we appreciate any donations that are made. Good luck to everyone who is taking part in the challenge, and enjoy!

I am running for Macmillan Cancer Support, a charity incredibly close to my heart and also to raise awareness of the hard work they put in to provide vital cancer services and support to every patient and their families. Each donation goes towards supporting people in their cancer journey. Any support and donations for this wonderful cause would be appreciated and thank you for all the support so far on my marathon journey! See you at the finish line.

-Ms West



@BethsGrammar



Beths Grammar School



@BethsGS

LONDON MARATHON

On Sunday 21st April I will be running the London Marathon for Ability Bow, an amazing charity that helps improve the fitness facilities and opportunities for people with long term disabilities and health conditions. As a PE teacher I fully support the physical and mental benefits of exercise, so I am delighted to be able to raise awareness of such a great cause and help make physical activity accessible to others. This will be my first ever marathon and I am looking forward to doing it with the support of my family, friends, and the Beths community.

I am aiming to raise £1450, and it would be greatly appreciated if you are able to make a donation. To do this please click on the following link, where all money raised will go towards Ability Bow and Macmillan Cancer Support, who Ms West is running in aid of.

Thank you for your support, and wish me luck!

-Mr Webb

To donate, please follow this link https://www.justgiving.com/crowdfunding/bethsgrammar-school?utm_term=J8WjqpGz5, all the money raised will be split between Macmillan Cancer Support and Ability Bow.



@BethsGrammar



Beths Grammar School



@BethsGS

YEAR 10 D&T LESSONS

During Year 10 GCSE DT lessons, scholars spent the session analysing last year's GCSE products for an up and coming lighting project that they will undertake.



CAREERS UPDATE

National Careers Week (4-8 March) is a celebration of careers guidance and free resources in education across the UK and during the week all assemblies focussed on career journeys, next steps and opportunities.



Students in Year 7, 8 and 9 designed posters about their favourite job in their Art lessons. A special presentation about the winners will be included in a future edition of the VIP.

Year 13 students and University of Leicester

Dr Alisha Mohindre from the University of Leicester gave an informative talk about Preparing for University to all our Year 13 students who have applied to UCAS. Dr Mohindre is the UK Student Recruitment Officer at the university, and has a PhD in Chemistry from Leicester, so she has first-hand experience of university life. Topics included managing money: looking for scholarship opportunities and some budgeting tips, with details about part-time employment, as well as choosing the accommodation that suits you and travel options. She also addressed the importance of support and wellbeing when starting university, and the many social opportunities that university provides.



@BethsGrammar

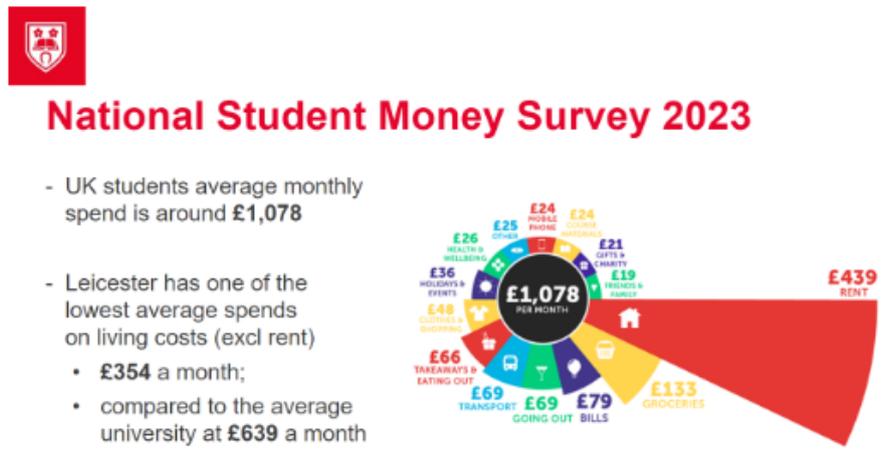


Beths Grammar School



@BethsGS

CAREERS UPDATE



Bromley Public Health, Wednesday 13 March



Former Beths Head Girl Maddie Smith is currently studying for a degree apprenticeship within Bromley Public Health, and is working with Bexley Council on a health website for young people. Over two sessions, some Year 12 students gave their invaluable feedback to the web designers focusing on design and content development, as well as public health/healthcare messaging and information for the users. It was a great opportunity for our students to be part of the co-design team for an NHS project whilst building valuable team building skills.

Year 11 and post-16 pathways

It's important that students are aware of the variety of options available to them at different points of their school journey. Although many of our students stay on at Beths to study A levels, and then look to apply to university, this is not the only pathway available and the A level - university route is not suitable for all students, depending on their interests and aspirations. In March representatives from London South East and North Kent Colleges spoke with students from Year 11 about post-16 options, including T levels, Apprenticeships and BTECs.



@BethsGrammar



Beths Grammar School



@BethsGS

CAREERS UPDATE

T levels are a two-year qualification equivalent to 3 A levels which on completion gives the student UCAS points. T levels are 80% study and 20% work, and include a 45 day industry placement. They focus on vocational skills and are designed to help students into skilled employment, higher study or apprenticeships. There are currently T levels in agriculture, environmental and animal care, business and administration, construction, digital, engineering, education, health and science, legal, finance and accounting. BTECs are flexible and students can do them alongside A levels at a school or college.



BTECS are available in a number of subjects including sport, performing arts, applied science, IT, construction and engineering. Apprenticeships are an increasingly popular route and are available to students post-16 as well as post-18. They are 80% work and 20% study and you earn while you learn, combining practical training in a job with study.

UCAS Discovery Event - Year 12, Tuesday 19 March

All year 12 students attended the UCAS Discovery Event at ExCel London. This was an incredible opportunity for our students to talk to over 170 universities, as well as some apprenticeship providers and employers.



@BethsGrammar



Beths Grammar School



@BethsGS

CAREERS UPDATE

This event was useful for gaining more insight into pathways that open up after sixth form and really helped me to expand my options for what I really want to do post-18. I was able to speak to universities and find out more about entry requirements, university life, accommodation, and how courses are divided e.g. work-life balances and specifications. (Henry, 12C1)

This experience reminded me of the hard work it takes to make it into these top universities and degree apprenticeship programs. I also learnt valuable tips on how to complete a successful personal statement. (Gift, 12E2)



There were a lot more universities that I was interested in than I thought. I also now have a better understanding of what grades I need to do what I want. (Asia, 12C2)

Requests for parents from the Careers Team

Work Experience for Year 12 (1-5 July) If any parents know of any opportunities for work experience please contact Ms Rayneau on workexperience@beths.bexley.sch.uk.

Do you work for a company that would be interested in exhibiting at our Careers Fair on 11th July? Please contact Ms Ratcliffe on careers@beths.bexley.sch.uk.



@BethsGrammar



Beths Grammar School



@BethsGS

KS3 CHINESE CLUB

The theme of Chinese Club this week was Chinese Opera-Huangmei Opera. Mr Liu introduced its history, culture and characters. It originated from Huangmei County and flourished in Anqing, China. Students enjoyed watching videos of the classic tracks of Huangmei Opera .



@BethsGrammar



Beths Grammar School



@BethsGS

HOW TO HELP YOUR CHILD MANAGE EXAM STRESS BY YOUNG MINDS UK

Young Minds UK have put together a helpful guide about how parents/guardians can support their young person during exam stress. To read the full article, please click here [Young Minds UK](#)

Topics mentioned: [exam time](#)

About: Exams are often a source of stress for young people. And after two years of academic disruption due to the pandemic, many will be experiencing them for the first time this summer. This blog explains how parents can help their children cope with exam pressure and achieve their potential, while also protecting their mental health.

Listen to their concerns

It's important to understand that your child may well be feeling worried at this time, and that this is normal. Encourage them to talk about their concerns, and reassure them that their feelings are valid and that you are there to support them.

Help with exam preparation practicalities

Helping your child to plan a realistic revision timetable, which breaks the days and subjects down into manageable chunks, will reduce their anxiety by increasing their sense of control and confidence. It will also help ensure everything is covered.

Discuss different revision techniques and help your child to identify which suit them best. It could be making flashcards or mind maps, watching online revision videos or talking questions through. If there are topics your child finds particularly difficult, make sure their revision plan targets these. And offer support by listening to a recap or testing them on what they have learned, if they find this is helpful.

Do ensure your child has a distraction-free place to study too. This could be a school or public library if there isn't a suitable space at home.

“ Helping your child to plan a realistic revision timetable, which breaks the days and subjects down into manageable chunks, will reduce their anxiety by increasing their sense of control and confidence. ”



@BethsGrammar



Beths Grammar School



@BethsGS

HOW TO HELP YOUR CHILD MANAGE EXAM STRESS BY YOUNG MINDS UK

Encourage healthy routines

Sleeping well, eating regular healthy meals and relaxing are important for everyone's wellbeing. Encourage your child to stick to healthy routines and to make some time for activities they enjoy – such as exercise, doing something creative, getting fresh air, seeing friends playing in person or online – as these help reduce stress.

Revision is most effective when combined with regular breaks, so make sure that your child does step away from their books. You could suggest a cup of tea and a snack, a quick walk or a TV programme they enjoy.

Relaxation techniques, such as focussing on breathing slowly or shoulder rolling, can reduce stress or help your child sleep if they are finding it difficult to unwind.

“ Relaxation techniques, such as focussing on breathing slowly or shoulder rolling, can reduce stress or help your child sleep if they are finding it difficult to unwind. ”

Promote a sense of perspective – and don't add to the pressure

Young people can feel overwhelmed by pressure to get high grades in exams. It comes at them from school, peers, social media influences and more. So, while it's normal to want your child to do well, it's really important that you avoid heaping on more pressure, and that you help instil a sense of perspective. Avoid nagging and over-policing their revision.

Encourage your child to focus on realistic goals of their own, rather than to compare themselves critically to their peers or to worry about expectations other people have of them. This applies both to the amount of revision they are doing and to the results they feel they should get. If they are struggling, focussing primarily on the core subjects (maths, English, science) as well as one or two others they enjoy, may reduce stress and allow them to progress to their intended next steps.

Reassure your child that exam results do not define them; that they are far from the only measure of success; and that you are proud of them whatever happens on results day.

Look out for signs that your child is struggling

While some degree of worry or nerves around exams is to be expected, do be aware of signs that anxiety levels may be building. These can include sleep or appetite problems; difficulties with concentration; or physical symptoms such as nausea, sweating or palpitations.

If your child's anxiety is spiralling, encourage them to talk to you, or perhaps to a teacher, about how they are feeling. If you are worried that your child may be experiencing depression or longer-lasting anxiety, discuss this with the GP.



@BethsGrammar



Beths Grammar School



@BethsGS

FIXTURES AND RESULTS

Fixtures for week commencing 25th March.

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start time
25.03.24	North Kent Finals	U14A	V Langley Park School for Boys	Neutral	12pm
27.03.24	North Kent Finals	U15A	V The Harvey Grammar School	Neutral	12pm



*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).

If you have any questions, please email us at fixtures@beths.bexley.sch.uk



@BethsGrammar



Beths Grammar School



@BethsGS

BETHS PARENTS ASSOCIATION

Exciting news! The Parents' Association funded new Samurai rugby shirts for the 1XV team, costing £1,034.88, debuted at the London Super 10s Tournament. Next, we're supporting the Year 8 camp (£3,000+) and drama department lights (£4,000+) as well as many other projects which we will share with you all. Join us by buying [quiz night tickets](https://app.classlist.com/events/#/events/view/1091530682) (https://app.classlist.com/events/#/events/view/1091530682) and/or [raffle tickets](https://app.classlist.com/events/#/raffle/view/1112770950) (https://app.classlist.com/events/#/raffle/view/1112770950), donating via [PayPal](https://www.paypal.com/donate/?hosted_button_id=AW8PP5N4TA43Y) (https://www.paypal.com/donate/?hosted_button_id=AW8PP5N4TA43Y), or match funding. Your support makes a big difference!

Dear Parents,

I hope this message finds you well. I'm thrilled to share some wonderful news from the sports front and highlight how your continued support is making a significant impact at our school.

New 1XV Rugby Shirts Unveiled!

Firstly, we're excited to announce the arrival of brand-new rugby shirts for our 1XV team, a proud moment for all of us at the Beths Parents' Association. This initiative was spearheaded by Mr. Greatorex-Sanderson, reflecting our commitment to fostering team spirit and excellence in sports. The total investment for this endeavour amounted to £1,034.88, a testament to our collective efforts and dedication.



@BethsGrammar



Beths Grammar School



@BethsGS

BETHS PARENTS ASSOCIATION

The team donned these shirts for the first time at the London Super 10s Tournament, representing our school with distinction and pride. It's moments like these that remind us of the importance of our contributions, directly impacting our children's experiences and achievements.



As we celebrate this achievement, we also look forward to supporting upcoming projects that will further enrich our school's offerings. We are currently planning to fund essential items for the Year 8 camp, an initiative costing over £3,000, and support the drama department's request for new lighting in the main hall, estimated at around £4,000. These projects are crucial for enhancing our children's educational and extracurricular experiences, making your support more important than ever.



@BethsGrammar



Beths Grammar School



@BethsGS

BETHS PARENTS ASSOCIATION

How You Can Help

There are several ways you can contribute to these exciting projects:

Buy a Quiz Night Ticket: Join us for a fun-filled evening, with all proceeds going towards our funding goals.

Purchase a Spring Raffle Ticket: Stand a chance to win fantastic prizes while supporting a good cause.

Donate Directly via PayPal: Every contribution, big or small, makes a difference.

Company Match Funding: If your company offers match funding, this could significantly amplify the impact of your contribution. Please reach out to the Executive Committee exec@bethspa.co.uk

"We Need Your Help!" Every bit of support enables us to achieve more for our school and our children. Let's continue to work together to create a nurturing and supportive environment for them to grow, learn, and succeed.

Thank you for your unwavering support and commitment to the Beths Parents' Association. Together, we are making a difference!



@BethsGrammar



Beths Grammar School



@BethsGS

INDEPENDENTCATERING EDUCATERLIMITED

START YOUR DAY WITH A FREE BOWL OF PORRIDGE

ADDITIONAL TOPPINGS - 40P EACH

WE ONLY USE



FRESH CHICKEN



FRESH PORK



FRESH EGGS



ORGANIC MILK



LOCAL PRODUCE



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK
EDUCATERLIMITED.COM



@BethsGrammar



Beths Grammar School



@BethsGS

KEEPING YOUR CHILD SAFE ONLINE

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College®

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.03.2024



@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