

# BETHS VIP

Excellence - Community - Respect - Nurture

## MESSAGE FROM THE HEADTEACHER



Dear Parents, Carers,

Summer is here. The past couple of weeks have been very warm. Please encourage your child to bring in a water bottle to school, to ensure they remain hydrated during the day. There are water fountains around school to refill the bottles.

Our second Sports day since 2019 took place on Thursday 15th June, and was another hot day.

Students arrived at Erith Athletics Stadium in a well-behaved manner and took to cheering on their houses with pride. We almost had a school record broken in the high jump. It was wonderful to see the house banners made by the students.



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This Years House winners are Brampton!! Congratulations to Brampton house and all the students who took part in various sporting activities. More pictures to follow next week!



On Saturday 17th June we held our first Beths Community 5k fun run/walk at Hall Place whilst raising funds for the Basketball scoreboard in memory of Osie, our Year 10 student. It was great to see so many turn up to walk, run, jog around the grounds of Hall Place on a fortunately, cool Saturday morning! Special thanks to Mr Webb for organising it all and the PA for bringing cold refreshments and snacks!



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Our second Year 9 Cuffley's Camp group of students return later today and hope they too had an enjoyable time like the first group did. This camp is different from the typical school camp, which unfortunately the year group missed out on due to Covid restrictions. We hope that with this opportunity they at least gain some new skills and have a camping experience.



Monday 26th June, 5pm-6:30pm - Year 6 Parents Information Afternoon

Wednesday 28th June (morning) - Year 8/9 Vaccination catch-ups

Thursday 29th June 9:15am-11am - Year 5 Taster Sessions

Monday 3rd July - Year 8 Enterprise day & Year 12 Work Experience Week

Tuesday 4th July - Year 8 Cooking experience week  
6pm Summer Concert

Wednesday 5th July 9:15am-11am - Year 5 Taster Sessions

Wednesday 5th - Friday 7th July - Sixth Form Induction days

Friday 7th July - Year 8 Camp departs (group 1)

Saturday 8th July 10am-4pm - Art Exhibition at the Freemantle Hall, Bexley

Kind regards,  
Richard Blyghton



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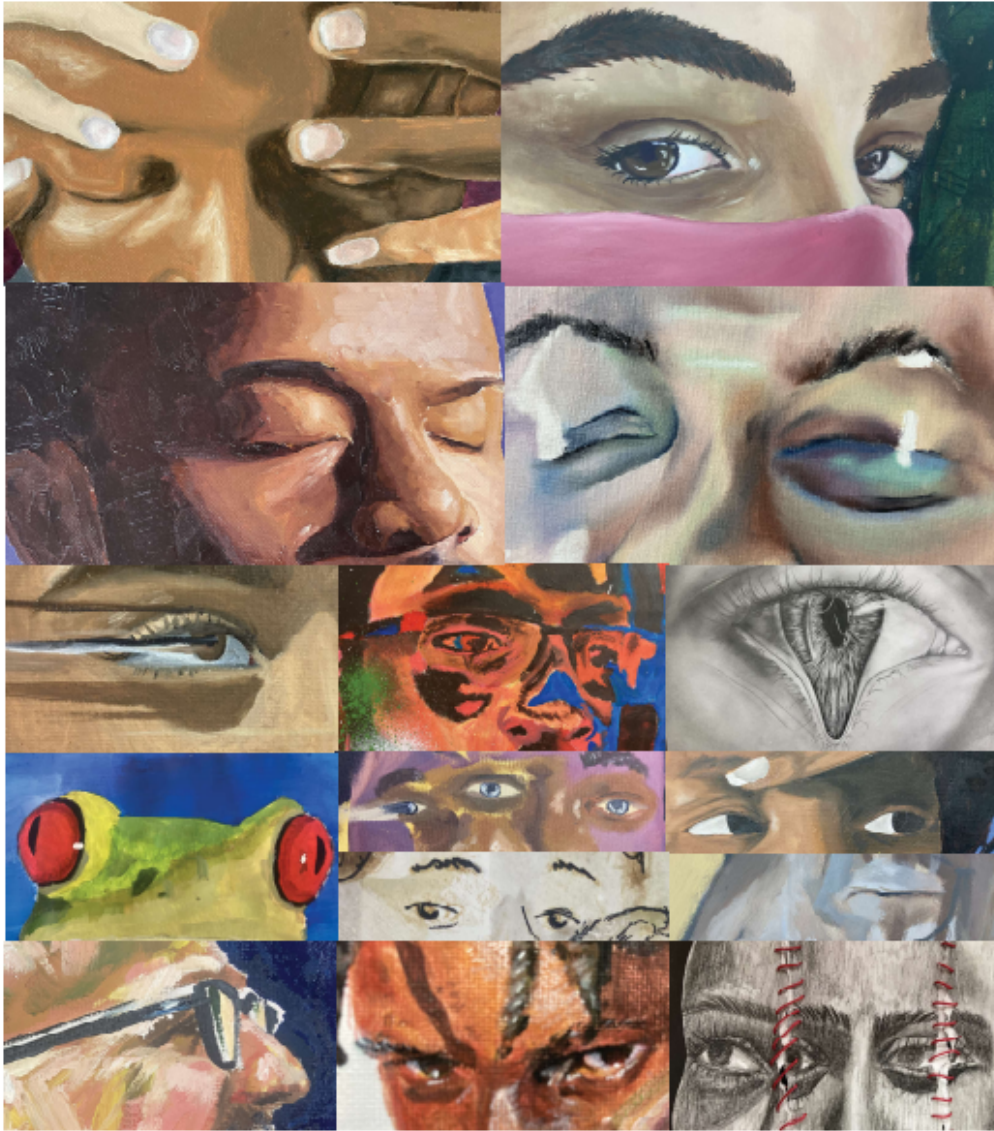


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# SUMMER ART EXHIBITION

We will be holding a Summer Art Exhibition filled with many wonderful pieces from various year groups on Saturday 8th July at Freemantle Hall on Bexley High Street. Please pop along to show your support and see many exciting pieces from our students!



Beths Grammar School  
Summer Art Exhibition

8th July 2023 10 am to 2 pm

Freemantle Hall 51-75 Bexley High Street, London, DA5 1AA



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# BETHS SUMMER CONCERTS

On 4th and 11th July we will be holding two summer concerts. Come along to hear performances from many of our very talented students and groups, including the Orchestra, Year 7 Band Class and even some solo performances! It will be a lovely night of music and entertainment.

Tickets are available via this link

<https://www.ticketsource.co.uk/beths-grammar-school> or on the door.

Beths Grammar School Presents

## Summer Concert

4<sup>th</sup> July 6:00 PM



## Summer Soirée

11<sup>th</sup> July 6:00 PM

Tickets can be purchased at [www.ticketsource.co.uk/beths-grammar-school](http://www.ticketsource.co.uk/beths-grammar-school)



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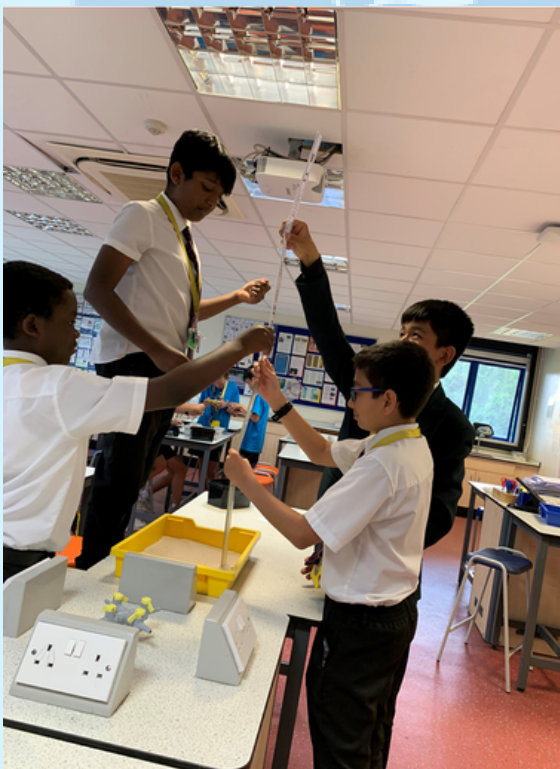
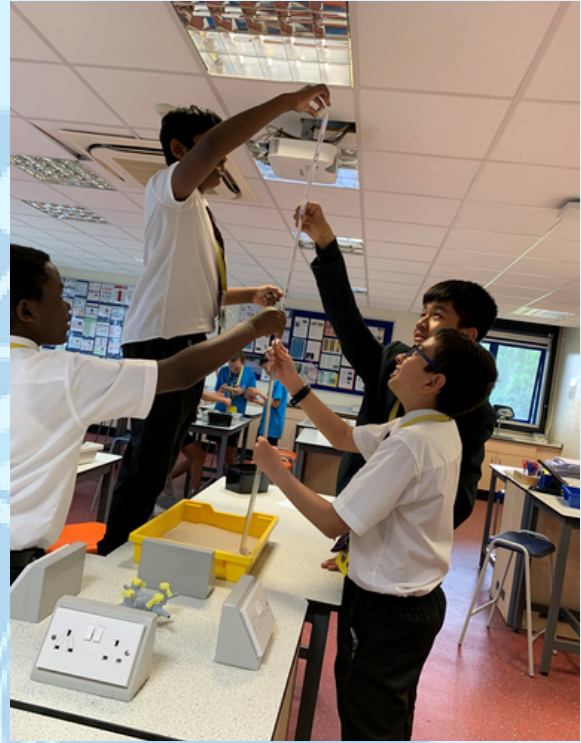


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# STEM CLUB

In STEM Club this week, students examined the impact of craters on earth. They created their own craters and measured the depth and diameter when dropped from different heights. They have now almost completed the STEM Club: Asteroid Attack Survivors sessions.



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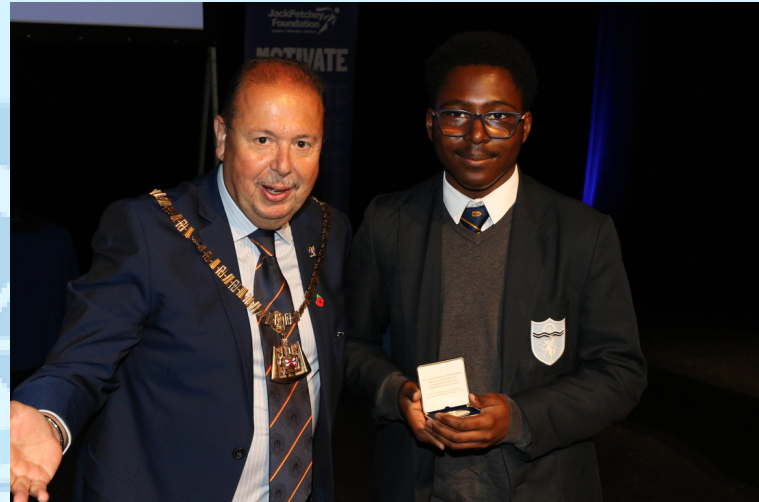


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# JACK PETCHEY AWARD

On 14th June, our Jack Petchey award winners attended the annual Jack Petchey celebration evening. It was a wonderful evening filled with success and celebrations!



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# JACK PETCHEY AWARD

Congratulations to all our winners; Michael A, Georg N, Mykolas M, Jesse F, Harvey T, Ben F, Amelia L, Katie H and Noah N.

A massive congratulations to our most recent award winner Jesse F who has published 2 of his own books. He used his award money to buy new anime books for Anime club and the school library!



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# KS3 DRAMA SHOWCASE

On Wednesday 14th June, our KS3 students put on a wonderful showcase. They performed *The Women in Black*, *Blood Brothers*, *Frankenstein*, *Lord of the Flies*, *Sherlock Holmes*. Thank you for everyone who came and supported our students, we hope you enjoyed your evening.



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# METACOGNITION AND SELF REGULATION

In school, we are trying to promote metacognition as part of our everyday pedagogy. We have included here some information for parents and carers about metacognition, how it can help students to be more critical thinkers and how it can support young people in their learning.

## What is metacognition?

Metacognition can be defined as 'thinking about thinking,' but more specifically refers to the knowledge and understanding of what we know and how we think. This includes an awareness of how we regulate our thinking when we work on a task.

Please follow this [hyperlink](#) to a very useful 'brief explainer' provided by the Education Endowment Foundation (EEF)



## What is self-regulation?

Self-regulation broadly refers to an awareness of our behaviour and how we need to behave to achieve our goals. There are three useful questions that parents/carers can ask in relation to support metacognitive regulation:

- 1.Planning (start of the task): How will you approach this learning task and why?
- 2.Monitoring (during the task): Is your plan working or do you need to try something else?
- 3.Evaluating (after the task): What have you learnt about yourself and your learning?

Please find a link to the EEF's resource [here](#).



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# METACOGNITION AND SELF REGULATION

## Why is it important?

Research suggests that metacognition shapes learners to become more active (and less passive) in their learning. This increased awareness of how we learn, in turn, helps promote deeper learning and motivation. Further, research-based recommendations and supporting documentation can be found [here](#).

## How to encourage metacognition

When supporting scholars with work or homework, if asking questions then please allow for increased wait time, this can promote independence and support greater metacognition as outlined . Parents and carers can support scholars in encouraging them to use models. Teachers provide models with appropriate levels of support (scaffolding) when new knowledge or concepts are taught in school. For more information follow this [link](#).

Specific and targeted questioning is another way that scholars can be maximise their learning. This excellent [blog](#) in the Times Educational Supplement (TES) offers some tips in relation to how teachers question in the classroom. These tips could be useful for parents and carers to replicate when scholars are overlearning or relearning knowledge for homework.

## Useful links

<https://educationendowmentfoundation.org.uk/education-evidence/guidance-reports/metacognition>

<https://www.youtube.com/watch?v=HZrUWvfU6VU> (What is metacognition?)

<https://www.bbc.co.uk/bitesize/articles/zjgs3qt> (BBC Bitesize)



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# CANTEEN TARIFF

Updated canteen menu including prices - April 2023

INDEPENDENTCATERING | EDUCATERLIMITED

## BREAKFAST/MORNING BREAK TARIFF - APRIL 2023

Breakfast Deal - any 3 items for	1.50
Breakfast Baps - Small	1.50
Baked Beans on Toast	1.50
Breakfast Baguettes	2.00
Filled English Breakfast Muffin	2.00
Hot Savoury Brunch Wraps	2.00
Hot Filled Bagels	2.50
Giant Pretzel	1.50
Breakfast Frittata	2.00
Breakfast Bean Pot	2.00
American Pancake with Honey or Berries	1.00
Toast Slice	0.30
Breakfast Toastie/1/2 Toasted Sandwich	1.50
Belgium Waffles	1.50
Porridge - Plain or with Toppings	1.00
Yoghurt and Granola Pots	1.50
Fresh Fruit Pots	1.25
Fresh Fruit	0.50
'Every Day' and 'Hand Cut Deli' Sandwiches	from 1.50
Filled Deli Sub Rolls	from 2.50
Ciabatta 6" Deli Specials	from 2.50
Ciabatta 12" Deli Specials	3.00
Hot Filled Panini	from 2.50
Toasted Crumpet/Tea Cake	0.75
Cheese Toastie - Slice	1.00
Toasted Sandwich - Various Fillings	1.50
Freshly Baked Garlic Baguette (Small)	1.00
Hot Savoury Bread Sticks	1.00
Tortilla Calzone	2.20
Tortilla Pizza Roll	2.20
Garlic Naan Bread	1.00
Wholemeal Savouries	1.50
A Selection of Breakfast Tapas	from 1.60
(to include Gunpowder Potatoes, Garlic and Herb Potatoes, Roasted Corn on the Cob, Garlic Mushrooms, Savoury Mini Wraps, Baked Sweet Potato Paprika Wedges, Dough Balls)	
Cheese Scones	1.25
Small Home-Made Soup and French Bread	1.20
Brunch Pasta Pot	from 2.50
Italian Bruschetta or Flatbreads with Various Toppings	
Baba Ghanoush, Hummus and Kale, Feta, Spinach and Cherry Tomato)	from 1.50
Yoghurts	from 1.00
Dried Fruit Bags	1.25
Cheese and Crackers	1.25
Plain Popcorn	1.25
Bottled Water 500ml	0.75
Fruit Juice and Milk Shake Cartons	1.30
Fruit Juice Cans/Bottles	1.30
Yazoo	1.50
Milk Carton	0.80
Hot Chocolate/Coffee	1.20

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# CANTEEN TARIFF

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## LUNCH TARIFF - APRIL 2023

Chef's Special - Main Meal and Dessert - see our weekly menu	2.75
Street Food Choice - see daily menu	2.75
Pasta, Noodle or Rice Pot	2.75
Meal Deal - See Menu	2.75
Hot or Cold Dessert	1.20
Hot Toasted Filled Panini	2.75
Freshly Made Soup and French Bread	1.20
Jacket Potato with 1 Filling	2.40
Jacket Potato with 2 Fillings	2.75
Gunpowder Potatoes	1.60
Garlic & Herb Potatoes	1.60
Market Fresh Salad	2.75
Shaker Salad Pots and Deli Salad Box with dressing	2.75
Speciality Sandwiches	2.75

## OUR FRESH DELI OFFER - MADE DAILY

A Choice of Sandwiches filled with Egg, Tuna Mayo, Ham or Cheese	from 1.50
Sandwich Meal Deal (fillings as above)	2.75
A Range of Filled Bloomer Sandwiches	from 2.00
Ciabatta 6" Deli Specials	2.75
Fresh Filled Wraps	2.75
Fresh Filled Pitta and Bagels	2.75
Fresh Filled Crusty Baguette	2.75
Selection of Homemade Cakes, Cookies, Muffins	1.25
Dried Fruit Bags	1.25
Cheese and Crackers	1.25
Fresh Fruit Pots	1.25
Jelly Pots	1.25
Fresh Fruit	0.50
Fruit Yoghurts	1.25
Bottled Water 500ml	0.75
Yazoo	1.50
Fresh Smoothies	1.20
Freshly Made Cordial	0.80
Fruit Juice & Milk Shake Cartons	1.30
Fruit Juice Cans/Bottles	1.30
Milk Carton	0.80
Hot Chocolate/Coffee	1.20

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# RSPCA YOUNG PHOTOGRAPHER AWARDS 2023



**WIN**

- ▶ TROPHIES
- ▶ AMAZON VOUCHERS
- ▶ AN EPIC TRIP!

If you're 18 or under, an animal lover, and you can take great photos, this is the competition for you! Send us your animal images by **15 August 2023**.

Finalists are invited to our Tower of London awards ceremony with TV's Chris Packham.



**ENTER NOW!**



FOR MORE INFO:  
[rspca.org.uk/ypa](https://rspca.org.uk/ypa)



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# SPORTS FIXTURES AND RESULTS

## Results for 12th - 23rd June 2023

CRICKET					
Date	Competition	Team	Opposition	Venue	Start time
12.06.23	U14 Cricket	U14	V Wilmington Grammar School for Boys	Away	Won
13.06.23	U15 Cricket	U15	V Chis and Sid	Away	Lost
14.06.23	U14 Cricket	U14	V Tunbridge Wells Grammar	Home	Lost
14.06.23	U12 Cricket	U12	V Wilmington Grammar School for Boys	Away	Lost
19.06.23	U13 Cricket	U13	V Wilmington Grammar Boys	Home	Won
19.06.23	U12 Cricket	U12	V Hurstmere Foundation School for Boys	Away	Lost
20.06.23	U14 Cricket	U14	V Hurstmere Foundation School	Away	Lost
22.06.23	U13 Cricket	U13	V Hurstmere	Away	Won

## Fixtures for week commencing 26th June 2023

CRICKET					
Date	Competition	Team	Opposition	Venue	Start time
27.06.23	North Kent Cup	U13A	V Bexley Grammar	Away	3:45pm
28.06.23	North Kent Cup	U14A	V Bexley Grammar	Away	4pm

\*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))



# 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 <a href="#">Mr G.S</a>		
Lunch	Spanish Club <a href="#">S16 Ms Bridge</a> Reading Club EVEN WEEK <a href="#">B5 Ms Monteith</a> Year 8 Cycling Club <a href="#">Mr Temple Field</a>	LGBTQ+ Society <a href="#">S18 Mr Stein</a> Drama Club <a href="#">P3 Ms Monteith</a> Music Enrichment - Audition only Yu-Gi-Oh Club- <a href="#">A5</a> KS3 Tennis <a href="#">Mr Temple</a>	French Club <a href="#">S19 Ms James</a> Eco Club ODD WEEK <a href="#">A4 Mr Glendinning</a> Music Appreciation 12:15-12:45pm <a href="#">P2</a> Y8 Dungeons and Dragons <a href="#">DandT Hub Ms Commerford</a> Collegium <a href="#">Antiquum</a> 12.15 start <a href="#">S19 Mr Simpson</a>	Connect Club EVEN WEEK <a href="#">B4 Ms Takeda</a> Year 9 Cricket <a href="#">Mr Webb</a>	DT Club <a href="#">A9 Mr Knott</a> Manga Club ODD WEEK <a href="#">B4 Ms Takeda*</a> Animation Club <a href="#">A3 Ms Twinem</a> Creative Writing ODD WEEK <a href="#">B2 Lady Irving-Gale</a> Music Support Session 12:00-12:45pm <a href="#">P2</a> Spirited Arts - JEM/ - Friday Lunchtime Odd Week - M1 Year 8 Cycling Club <a href="#">Mr Temple Field</a>
After School	Run Club <a href="#">School Field Mr Walter</a> Beths Youth Band 3:40-4:45 <a href="#">P1</a> ** Group Piano lessons 3;30-4:30 <a href="#">P2</a> STEM Club Y7 <a href="#">S12 Ms Sarker</a> Year 7 Cricket Training <a href="#">Mr Timothy</a>	Memrise Clinic <a href="#">S16 Ms Bridge</a> 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 <a href="#">P3 Ms Grady*</a> ** Violin Club: 3:30-4:00 beginners; 4:00-4:30 intermediate in <a href="#">P2</a> Year 7 – 10 Athletics <a href="#">Mr Temple</a>	Warhammer <a href="#">S1</a> (3.40 start) <a href="#">Mr Turnbull</a> Beths Singers 3:40-4:45pm <a href="#">P1</a> Year 9 Football <a href="#">Field</a> Year 9 Cricket <a href="#">Mr Webb</a>	Beths Big Band 3:40-4:45pm <a href="#">P2</a>

## KS4 Clubs

KS4 Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Music Revision 1:10-1:45pm <a href="#">P1</a> History Club EVEN WEEK <a href="#">M5</a> Maths Club <a href="#">B12 Mr Khalid</a> Chess Club <a href="#">A2 Mr Healy</a>	BEFORE SCHOOL Year 7 – 10 Tennis <a href="#">Mr Haywood</a> Y11 Study Club (13.20-13.50) <a href="#">B4 Ms Takeda</a> Music Revision 1:10-1:45pm <a href="#">P1</a> Philosophy Society EVEN WEEK <a href="#">M2 Ms May</a> Stoic Philosophy Society Odd Week <a href="#">M2 Mr Papakostas</a>	Eco Club EVEN WEEK <a href="#">A4 Ms Purbrick</a> Poetry Club EVEN WEEK <a href="#">B1 Dr Easton</a> U16 Basketball <a href="#">Sports Hall</a> English Revision Club ODD WEEK <a href="#">B5</a> Reading Club ODD WEEK <a href="#">B5 Ms Monteith</a> Music Theory Club at 1:10pm-1:45pm <a href="#">P1</a> Year 10 Tennis <a href="#">Mr Temple/Mr Webb</a>	BEFORE SCHOOL Year 7 – 10 Tennis <a href="#">Mr Haywood</a> BEFORE SCHOOL KS4 and KSS Weights Room <a href="#">Mr Webb</a> Psychology Club MCC <a href="#">Mr Walsh and Ms Moffat</a> Debating Club <a href="#">M4 Mr Chamberlain</a>	LGBTQ+ Society (ODD- <a href="#">S19,EVEN S15</a> ) <a href="#">Ms Harris</a> Social Sciences Reading Club FIRST ODD FRIDAY OF MONTH <a href="#">M4</a> Film Club <a href="#">B6 Ms Quinn and Mr Russell</a> Y11 Study Club (13.20-13.50) <a href="#">B4 Ms Takeda</a>
After School	Year 10 Rugby <a href="#">Field</a> ** Group Piano lessons 3;30-4:30 <a href="#">P2</a>	Year 10 Cricket <a href="#">Mr Waite</a> Orchestra 3:40-4:45pm in the Main School Hall	U16 Basketball <a href="#">Sports Hall</a> ** Violin Club: 3:30-4:00 beginners; 4:00-4:30 intermediate in <a href="#">P2</a> Theatre Production 3.45-4.30 <a href="#">P3 Ms Grady*</a> Year 7 – 10 Athletics <a href="#">Mr Temple</a>	Warhammer <a href="#">S1 Mr Turnbull</a> Beths Singers 3:40-4:45pm <a href="#">P1</a> Year 10 Football <a href="#">Field</a>	Beths Big Band 3:40-4:45pm <a href="#">P2</a>

# CLUBS AND EXTRA CURRICULAR ACTIVITIES

## KS5 Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 8.30am				Gym Club (Max 15 people) Weights Room <b>Mr Webb</b>	
Lunch time	<p>History Club EVEN WEEK M5</p> <p>Chess Club A2 <b>Mr Healy</b></p> <p>Muslim Prayer group C3 <b>Mr Ahmed</b></p> <p>KS5 Chemistry Club S8</p> <p>KS5 Physics Olympiad Club S1</p> <p>Gender Equality Society A7B <b>Ms Ewing</b></p>	<p>Philosophy Society <u>EVEN WEEK M2 Ms May</u></p> <p>Muslim Prayer group C3 <b>Mr Ahmed</b></p> <p>Stoic Philosophy Society Odd Week M2 <b>Mr Papakostas</b></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 <b>Ms Marriott</b></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 <b>Mr Ahmed</b></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 <b>Mr Beaney</b></p>	<p>Music Revision 1:10-1:45pm P1 <b>Ms Bowen-Evans</b></p> <p>Psychology Club MCC <b>Mr Walsh and Ms Moffat</b></p> <p>Debating Club M4 <b>Mr Chamberlain</b></p> <p>Muslim Prayer group C3 <b>Mr Ahmed</b></p> <p>Yu-Gi-Oh Club A5 <b>Mr Walter</b></p> <p>Informatics Olympiad club IT1</p> <p>BMAT physics support for Medics S0 <b>Mr Beaney</b></p>	<p>LGBTQ+ Society (ODD S19, EVEN S15) <b>Ms Harris</b></p> <p>Social Sciences Reading Club FIRST ODD FRIDAY OF MONTH M4</p> <p>Film Club B6 <b>Ms Quinn and Mr Russell</b></p> <p>Muslim Prayer group C3 <b>Mr Ahmed</b></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 <b>Mr Morgan</b></p>	<p>Orchestra 3:40-4:45pm in the Main School Hall <b>Ms Marriott</b></p>	<p>1st XI Football Venue TBC <b>PE</b></p> <p>2nd XI Football Venue TBC <b>PE</b></p> <p>6th Form Basketball Sports Hall <b>PE</b></p> <p>6th Form Girls Football Field <b>PE</b></p>	<p>Warhammer S1 <b>Mr Turnbull</b></p> <p>Beths Singers 3:40-4:45pm P1 <b>Ms Marriott</b></p>	<p>Beths Big Band 3:40-4:45pm P2 <b>Ms Marriott</b></p>



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