



Thursday 29th February 16:30-19:30 – Year 7 Virtual Parents Evening (bookings open at 19:00 on Tuesday 20th February - see school comms message sent home)

Friday 1st March – Year 9 Catch up DTP/MEN ACWY vaccinations.

W/c 4th March – National Careers Week

Friday 8th March – British Science Week

Thursday 14th March - 16:30-19:30 – Year 13 Virtual Parents Evening (bookings open at 19:00 on Tuesday 5th March)

Thursday 14th (19:00), Friday 15th (19:00) & Saturday 16th March (13:00) – School Production of The Addams Family (tickets available)

Tuesday 19th March - Year 12 ICAS Discovery at ExCel London (P3 only students off timetable)

Wednesday 20th March -Year 13 University Challenge

Thursday 21st March - 18:00 Spring Music Concert

Friday 22nd March – 19:00 PA Quiz Night

Wednesday 27th March - 18:00 Spring Music Concert

Thursday 28th March – Year 11 Reports sent to Parents.

Last day of term – School ends at 1pm



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STUDENT SUCCESS

Following a weekend of **Ali's Dojang Open 2024: Taekwondo Poomsae Championships**, held on Saturday 17th February 2024, at the SportsDock, University of East London - Gabriel had the opportunity to compete against some of the best Taekwondo Poomsae players across the UK, managing to take home a total tally of **3 medals, with 2 Gold and 1 Silver**.

We are extremely proud of Gabriel's outstanding achievement placing **2nd (Silver)** overall for his **Individual DAN Under-17 Male Black Belt** category which saw him compete against 10 other incredible players in the finals, where some of the competitors are current members of the GBR National Squad.

Additional accomplishments from this Taekwondo tournament saw Gabriel achieve 2 additional Gold medals **1 for the DAN Under-17 Team Male and 1 for the DAN Under-17 Pair Black Belt**, an incredibly successful and impressive start to the year of Poomsae competition.

Gabriel continues to inspire his peers from **Win Taekwondo Academy** and the **GBR National Squad**, proving that great things come from hard work and perseverance.

The next major championship event for Gabriel is the **Harrogate KTA 8th Mayor Cup Open**, scheduled to take place on **6th April 2024** at **Rossett Sports Centre, Harrogate**.

Gabriel's Medal tally breakdown:

Dan Under 17 Junior Male, Individual	Silver
Dan Under 17 Junior, Pair	Gold
Dan Under 17 Junior, Team Male	Gold



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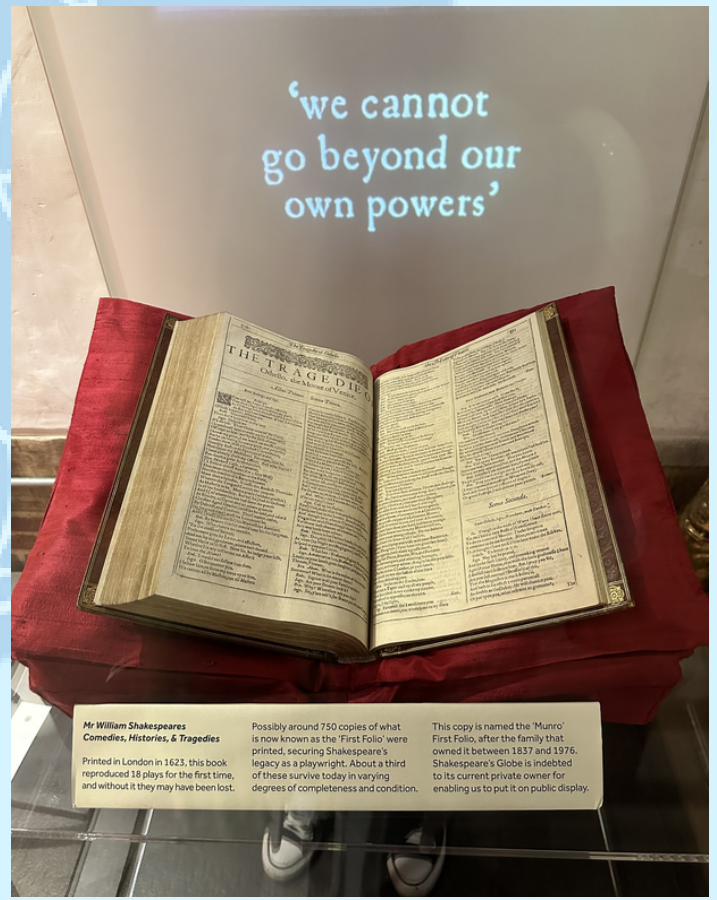
THE HERO PROJECT CHARITY

Thank you to the The Hero Project charity, who came into our school to talk to our Sixth Form students about blood, stem and organ donation. It was a wonderful opportunity for students to learn more about donations, how to register and the impact it has on people's lives!



YEAR 7 SHAKESPEARE'S GLOBE

Some of our Year 7 students had the wonderful opportunity to attend Shakespeare's Globe. They had an exciting and entertaining day!



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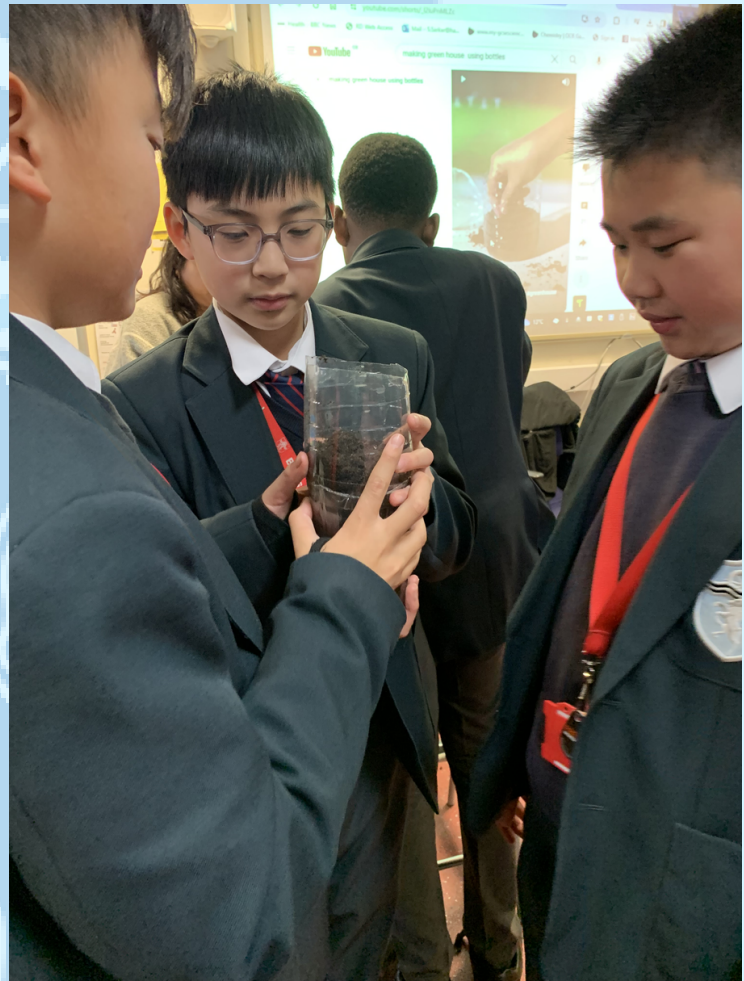
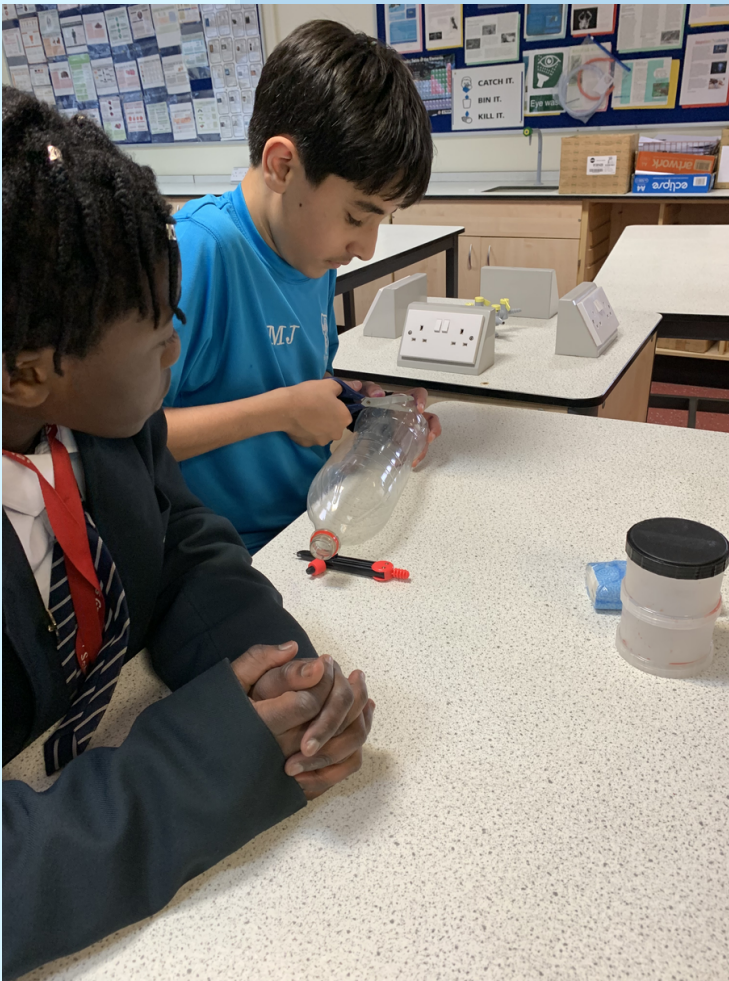
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KS3 STEM CLUB

As spring is just around the corner, our KS3 STEM club are busy making green houses using plastic bottles. The students are planting lots of tomatoes and lettuce in their recycled bottle green houses. They also conducted experiments on asexual reproduction of spider plants using rooting gel.



FIXTURES AND RESULTS

Results for week commencing 19th February.

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Score
21.02.24	North Kent League	1 st XI	V Bexley Grammar School	Home	Lost 2-3
23.02.24	North Kent League	U14A	V St Mary Magdalene C of E	Home	KO 2pm

VOLLEYBALL					
Date	Competition	Team	Opposition	Venue	Score
20.02.24	Friendly	U16A	V Gravesend Grammar	Home	Won 2-0

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Score
22.02.24	North Kent League	U12A	V Langley Park School for Boys	Home	Lost 25-64

*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

FIXTURES AND RESULTS

Fixtures for week commencing 26th February.

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
27.02.24	North Kent	U13B	V Hurstmere	Away	tbc
28.02.24	North Kent League	1 st XI	V Hayes School	Home	2pm
28.02.24	North Kent League	2 nd XI	V Farringtons School	Away	2pm
29.02.24	Tournament	U13A	V Various Schools	Away	2pm

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start time
26.02.24	North Kent Comp	U15A	V Northfleet	Away	4pm
27.02.24	North Kent Comp	U14A	V Haberdashers Aske's Knights Academy	Home	4pm
27.02.24	North Kent Comp	U17A	V Haberdashers Aske's Knights Academy	Home	2pm

RUGBY					
Date	Competition	Team	Opposition	Venue	Start time
27.02.24	Tournament	U14A	V Various Schools	Away	8:45am
29.02.24	Kent Schools' U15 Vlls	U15A	V Various Schools	Away	8:45am

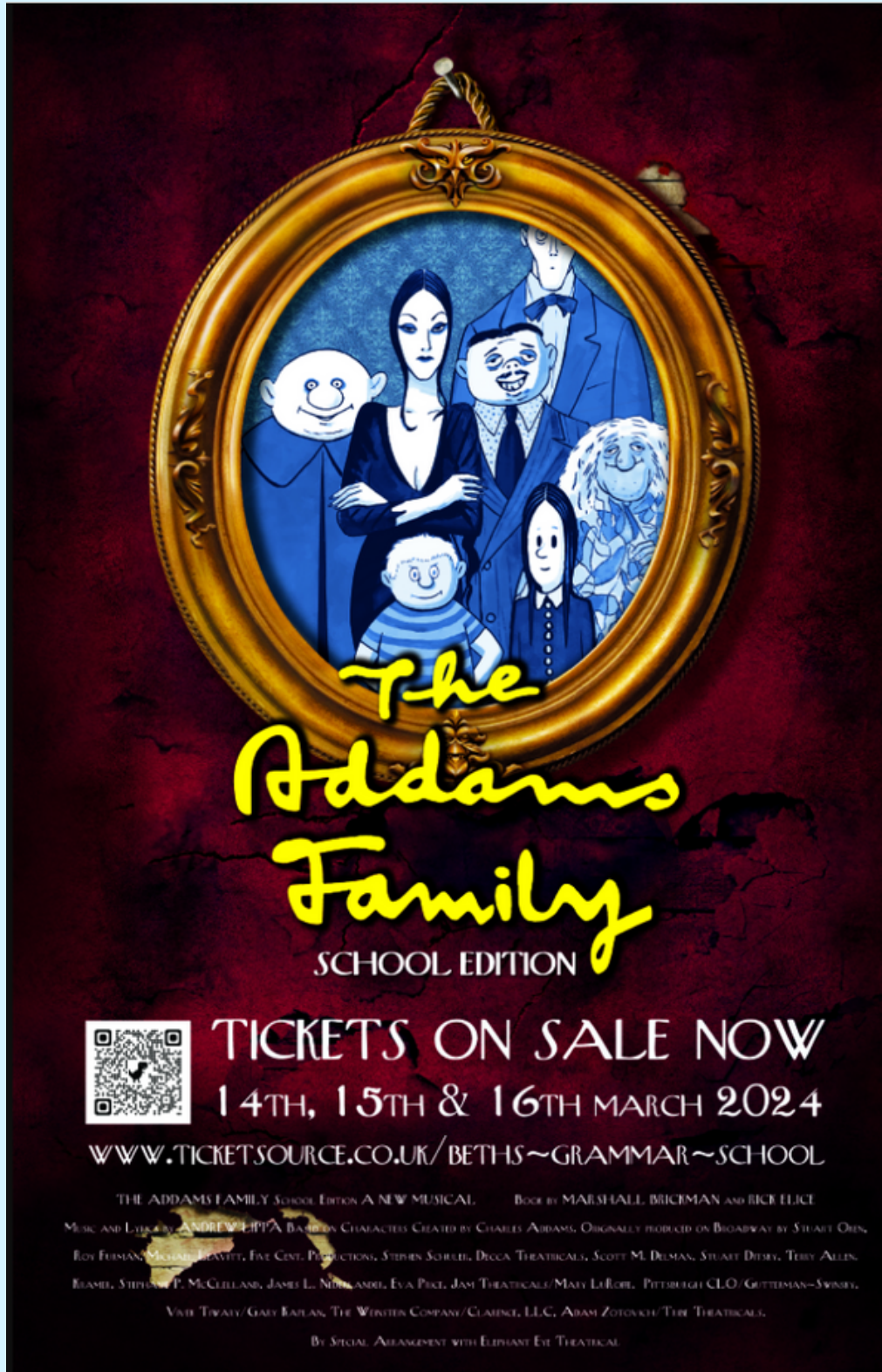
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SCHOOL PRODUCTION: THE ADDAMS FAMILY

This year our School Production will be The Addams Family. The show will run from 14-16th March 2024. Tickets are selling fast, to purchase a ticket please follow this link www.ticketsource.co.uk/beths-grammar-school.



TICKETS ON SALE NOW

14TH, 15TH & 16TH MARCH 2024

WWW.TICKETSOURCE.CO.UK/BETHS~GRAMMAR~SCHOOL

THE ADDAMS FAMILY SCHOOL EDITION A NEW MUSICAL BOOK BY MARSHALL BRICMAN AND RICE ELICE
MUSIC AND LYRICS BY ANDREW LIPPA BASED ON CHARACTERS CREATED BY CHARLES ADDAMS. ORIGINALLY PRODUCED ON BROADWAY BY STEUART OREN,
ROY FURMAN, MICHAEL BEAVITT, FIVE CENT PRODUCTIONS, STEPHEN SCHULZ, DECCA THEATRICALS, SCOTT M. DELMAN, STUART DREYER, TERRY ALLEN,
EJAMBE, STEPHEN P. McCLELLAND, JAMES L. NICHOLANDER, EVA PIKE, JAM THEATRICALS/MAEY LI ROBE, PITTSBURGH CLOUTIERMAN-SWINEY,
VINE THEORY/GARY KAYLAN, THE WINTER COMPANY/CLAESKE, LLC, ADAM ZITOVICH/TEBE THEATRICALS
BY SPECIAL ARRANGEMENT WITH ELEPHANT EYE THEATRICAL



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BETHS PARENTS ASSOCIATION

On Friday, March 22nd, 2024 at 7pm, we will be hosting another fun and enjoyable quiz night to support the fundraising efforts of the BETHS Parents' Association. The last quiz night was 12 months ago and I'm sure we speak for all that attended, it was a wonderful and enjoyable evening - giving the opportunity to bring the BETHS community back together, to meet others families, and to hear about what the BETHS Parents' Association has been doing to support the school. This is a social evening for Parents and Children. Please come and join, build friendships, understand more about the causes that will benefit your scholars, while having a bit of social fun.



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BETHS PARENTS ASSOCIATION

Tickets can be purchased on classlist for the event or via this link <https://app.classlist.com/events/#/events/view/1091530682>

We are reaching out to our community to raise funds for the many requests we get from scholars and teachers alike.

The event is being organised by the BETHS Parents' Association and is one of a number of events planned to contribute to their fundraising efforts.

- Each table will have up to 8 people to a team. You can buy individual tickets OR a table up to 8!
- We encourage you to bring your own food and drink for a social evening!
- Parking onsite at the school
- we will be running a raffle on classlist prior to the event and the winner will be announced on the night

Please mark your calendars and plan to join us for an evening of fun, community, while supporting a great causes.

See you there!
Beths Parents Association



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KEEPING YOUR CHILD SAFE ONLINE

At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

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