

BETHS VIP

Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER



Dear Parents, Carers,

We have had a busy term packed with trips, external talks, and the start of the public examinations. Hopefully we can all take some quality time out during the half term break and recharge our batteries ready for the final term of the academic year!

When we return after the half term break, the school uniform will move to our Summer Order, where scholars are not required to wear a blazer and they can wear black or charcoal grey tailored shorts if they wish to. Hoodies, jackets or coats are not permitted to be worn in place of a blazer and will be confiscated if worn in school. Please also ensure your child has the correct footwear.

A reminder on the school uniform will be sent out during the half term break via School Comms.

This week we saw some of our Year 9 and Year 10 scholars leave for Greece on the Latin residential trip. You will be able to see what the scholars are experiencing via the school's social media sites.



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Congratulations to the scholars who took part in the MFL debate competition held at Bexley Grammar School this week. Beths came 1st in Mandarin and Spanish and 2nd in French! A great achievement for Beths, well done to the MFL department.

More on this will follow in the VIP after half term.



Dates for your diary

3rd June – School returns

6th June – Year 8 HPV1 vaccination catch up session

13th June – Sports Day at Erith Leisure Centre

17th June – Year 10 Trial Exams commence until 28th June

20th June – Year 12 Parents Evening in Person

26th June – Sports Presentation Evening for selected scholars

26th-28th June – New Year 12 Inductions Day

27th June – Final GCSE & A Level public examination day

28th June – Year 7 reports sent home to parents. Deadline for UCAS reports.

Have a wonderful half term,
Richard Blyghton



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ENGLISH TRIP

The English department took thirty Year 12 and 13 scholars to see the Scottish Ballet's adaptation of 'A Streetcar Named Desire'. It was a thrilling experience for all which challenged perception of character and explored the text's key motifs in new and imaginative ways.



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CAREERS DEPARTMENT UPDATE

Our sixth form students recently had an incredible opportunity to engage with a practicing doctor, organized by Mr. Healy and our dedicated careers team. The session was enlightening, offering students a first-hand look into the fascinating world of medicine. They delved into the daily routines of a doctor, explored the rigorous yet rewarding journey of studying medicine at university, and discussed the challenges and triumphs faced in the medical profession. This experience was not just informative but also inspiring, sparking interest and excitement about the vast possibilities within the medical field.



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DT WELLBEING COFFEE MORNING

This week, our DT Department held their half-termly coffee morning for our A-level DT students. It was a wonderful opportunity for students to speak about their wellbeing at Beths, reflect on their feelings, talk to each other without distractions, and discuss their subject choices, all while enjoying cake and refreshments!

One student summed it up perfectly, saying, 'It allowed me to feel great and relaxed, and allowed me to be more focused to learn. Thank you to DT for putting this on for us.'



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BETHS BOOK PODCAST

KS3 Beths Book Podcast May issue is now available to be viewed online.
This month's edition is a special Wickham issue.

<https://www.youtube.com/watch?v=gswTcvj6ls4>

Books can be the windows to an
infinite world of wisdom

**BETHS
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May podcast now available!
Wickham edition



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BEST OF THE BETHS

Best of the Beths student newsletter is now available to be viewed online <https://www.beths.bexley.sch.uk/page/?title=Best+of+the+Beths+Newsletter&pid=403> . This months issue includes; US Elections - Trump's Trial by Demi 8A, Premier League 23/24 Final Day by Allistair 10H, The History Of The Great Wall Of China by Lucas 8W, Benefits Of Walking To School by Tay 10B and much much more!

BEST OF THE BETHS



THE BEST OF MAY

ARTEMIS SPACE MISSION - NASA

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The NASA Artemis mission's aims are to land the first woman and the first person of colour on the surface of the moon. NASA is additionally trying to discover whether Mars is habitable to humans following the gradual increase in global climate change. Furthermore, the Artemis Space Mission encourages the future generation to explore the depths of the earth to its fullest and experience the unknown.

Artemis I
According to NASA there are three steps to the extraordinary breakthrough research mission. The Artemis I was the first in the series and its focus was to enable human exploration in and around the Earth. This mission occurred on the 16th November 2022 and was a flight in which humans were not included. Artemis I took 25 days


Artemis II
Artemis II is focusing on the lunar south pole of the Moon to be able to find water and other critical resources to do long-term explorations about the Moon. The Artemis II will launch in Cape Canaveral in Florida and will leave the port no earlier than September 2025. The Space Launch System (SLS) spacecraft will be launched a quarter of a million miles into space in the Moon's lunar orbit. The four astronauts embarking on this journey are: Reid Wiseman, Victor Glover, Christina Koch and Jeremy Hansen. They will be situated in the Orion at the gateway system and will return from the Moon's orbit to enter the Earth's atmosphere and hopefully make a safe landing. To read more about these astronauts click on this link: <https://www.nasa.gov/feature/our-artemis-crew/>



US ELECTIONS - TRUMP'S TRIAL

DEMI TALABI 8A

Donald Trump have been charged for over 30 felonies falsifying business record to commit and conceal crimes, with payments being paid to adult film actress Stormy Daniels. The reason why Donald trump is paying her is because Trump want her to keep quiet about their alleged affair.



Ever since May 25 of this year, Donald Trump have been put on trial and is being Judged by Juan Merchan, a well respected judge. Witnesses have come to testify for the case, the most notable example is Micheal Cohen, who stole thousands from the Trump Organisation and collected 30 more grand than what he paid to the company(Trump Organisation)in total itself

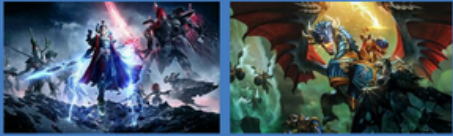
WARHAMMER AT BETHS

TEDDY HENDERSON 8A

What is Warhammer?
Warhammer is a tabletop game in which you put your battle skills to the test. It is split into two games: Warhammer 40K and Warhammer Age of Sigmar. You will need to command an army into victory. Warhammer was released 1987 and is one of the most popular tabletop games in the world; it was founded by Rick Priestly.

Where can you get help?
Games Workshop, the company behind Warhammer, have many shops all over the world that will help you get started. They can give you a 'battle honours' booklet which is a small book that has challenges for you to complete in return for some free merchandise. You also get a free figure when joining the 'battle honours' program. The nearest shop in the local area is in Bromley.

Warhammer Club at Beths
Beths has its very own Warhammer club that takes place after school on Wednesdays in A10 in the DT block. YOU can be a beginner or an experienced player to join. Currently Mr. Reddington is running a competition where you have to create the best Warhammer storage box for all your figures. The winner will receive some free Warhammer related items.



SPORTS FIXTURES AND RESULTS

Results for week commencing 20th May

CRICKET					
Date	Competition	Team	Opposition	Venue	Results
20.05.24	North Kent Cup	U15A	V Chis and Sid	Away	Lost
20.05.24	North Kent Cup	U13A	V Hurstmere	Away	Won
23.05.24	Kent Plate	U15A	V St Dunstan's College	Away	Lost
24.05.24	Kent Plate	U12A	V Chis and Sid	Away	TBA

Fixtures for week commencing 3rd June

CRICKET					
Date	Competition	Team	Opposition	Venue	Start time
06.06.24	North Kent Cup	U15A	V Hurstmere	Away	2pm
07.06.24	North Kent Cup	U12A	V Wilmington Grammar School for Boys	Away	3pm

*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



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Did you know?

Conflict between parents, whether together or separated, can have a significant negative impact on child's emotional wellbeing, potentially harming their life outcomes.



To view the video on how harmful parental conflict can negatively impact children scan the QR code.



The Bromley Parenting Hub

Offers a range of information for all parents in the borough, whether together, separated or considering separation who want to find ways to improve their relationship and get along better.

We know and understand that in every relationship there are arguments and conflict. But some couples argue more frequently and intensely. If these arguments and struggles are left unresolved, they can develop and grow which can change your relationships from healthy to unhealthy. Please visit

www.bromleyparentinghub.info to access a guide to living in healthy relationships or scan the QR code.



Watch out for Bromley's STOP.THINK.CHANGE Reducing Parenting Conflict social media campaign.

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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 HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect.' Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

10 SPOT THE SIGNS

We can't always supervise young people: sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



#WakeUpWednesday

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