

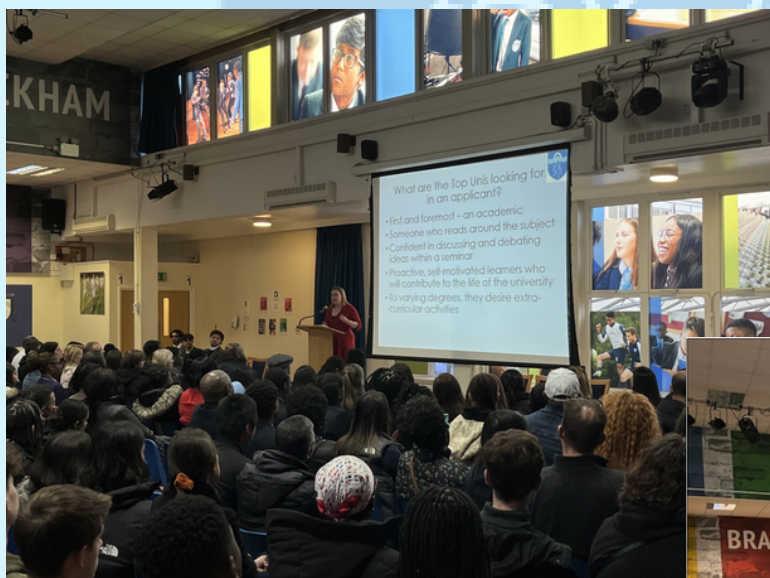
TOP APPLICANTS INFORMATION EVENING

A fantastic turnout for our first ever Top Applicants Information Evening at Beths Grammar School.

We've been looking at why it is that most of our Oxbridge/Imperial/Medical offers come from students who have been with us since Year 7. One of the themes coming through is lack of vital information early enough about course choices and super-curricular expectations.

We want to close this gap and ensure these amazing young people from other schools have just as good a chance as those we have nurtured since Year 7.

Thank you to our amazing Year 13s who gave their insights into the process and preparation for the very top universities.



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YEAR 13 UNIVERSITIES

We are incredibly proud of our Year 13 students that have secured offers to Oxford, Cambridge, Imperial, LSE, and Medicine courses. The culmination of years of hard work here at Beths. Well done all on your well deserved offers!



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STUDENT SUCCESS

GABRIEL TAEKWONDO

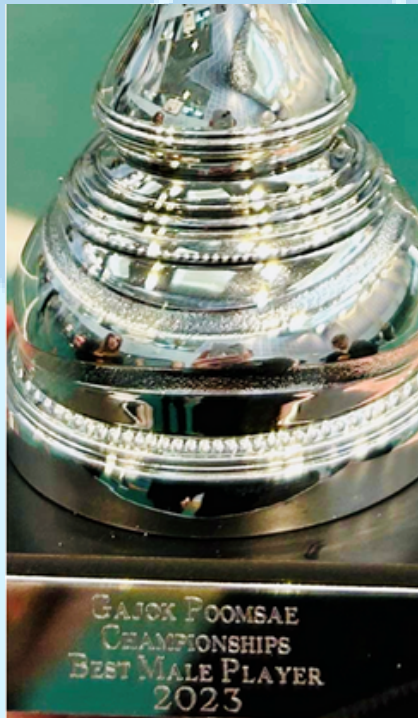
Over the weekend, Gabriel competed in the 2nd Gajok Taekwondo Poomsae Championships 2023, held in Liverpool.

Gabriel's category saw him compete against 9 other black belts, some of whom are recognised members of the Great Britain National Squad like himself.

Gabriel competed in 3 separate black belt Dan events; achieving 3 Gold medals, one for each event (Individuals, Pairs & Teams).

To add to his incredible milestone, Gabriel was also presented the Best Male Player of the Tournament Trophy .

We are extremely proud of Gabriel's continued commitment, drive and achievements, whether it's from an Academic or Taekwondo excellence standpoint.



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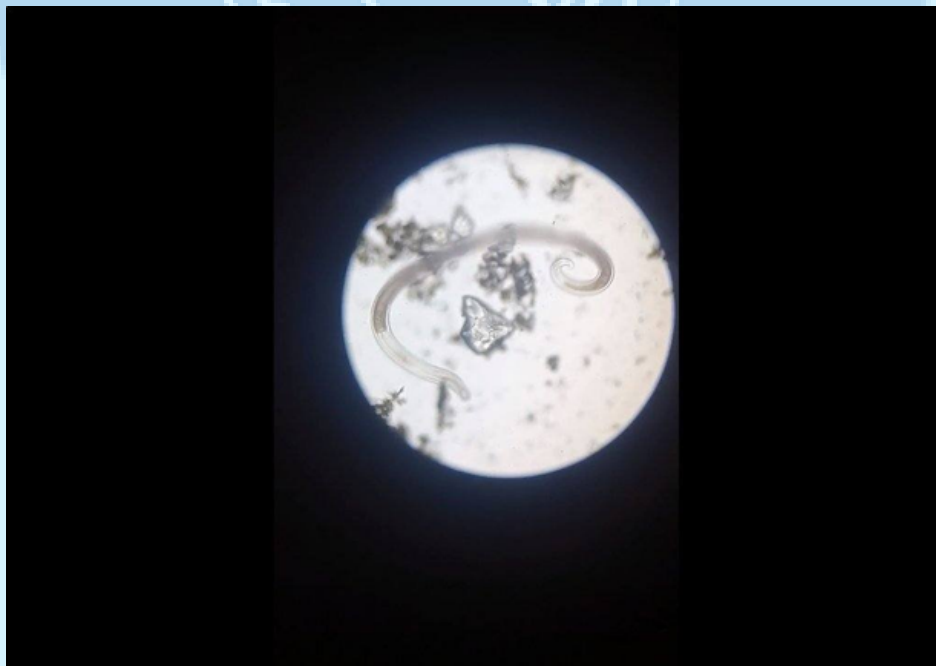
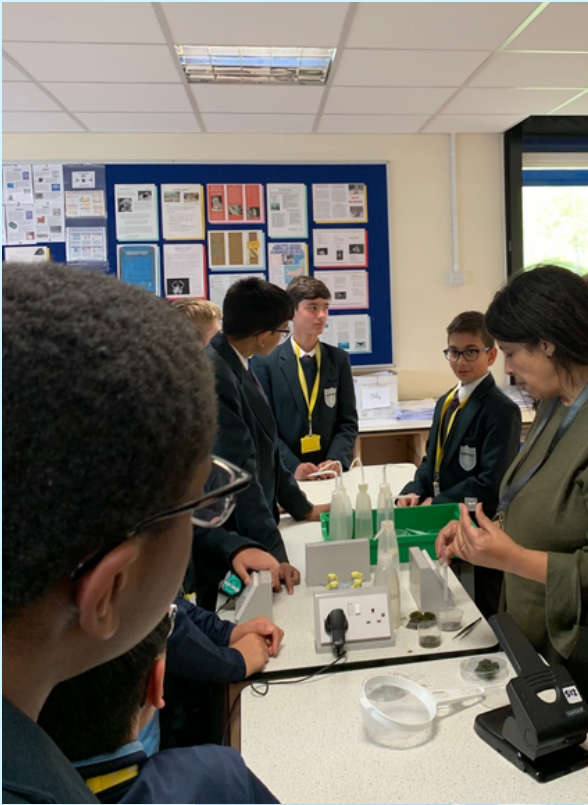
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STEM CLUB

In STEM club this week students searched for water bears and microscopic organisms in moss and lichens. To our surprise we found quite a lot of creepy creatures!



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SPIRITED ARTS CLUB

Join hundreds of schools from around the world taking part in this year's Spirited Arts competition! We welcome entries in (almost!) any art form your pupils can think of, including:

- Art (painting, drawing, sketching etc)
- Poetry
- Photography
- Dance
- Music
- Drama
- Sculpture

Winning entries will provide a good response to one of the 5 themes, and judges will be asking 'Is it original?' 'Is it well-crafted?' And (most importantly!) 'Is it excellent RE?'

Pupils can enter individually, in pairs or groups, or as whole class, year or school entries. All entries must be received before Monday 31 July 2023.



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EXAM STRESS SUPPORT -YOUNG MINDS

Exam Time & Exam Stress | Parents Guide To Support | YoungMinds

Exams are a stressful time for any young person, if you're worried about how your child is coping read our tips and advice on how to help at [https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/?](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/?utm_source=eshot&utm_medium=email&utm_campaign=360schools&utm_content=april2023&utm_term=exams)

[utm_source=eshot&utm_medium=email&utm_campaign=360schools&utm_content=april2023&utm_term=exams](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/?utm_source=eshot&utm_medium=email&utm_campaign=360schools&utm_content=april2023&utm_term=exams)



Exam Time & Exam Stress | Parents Guide To Support

Exams are a stressful time for any young person, if you're worried about how your child is coping read our tips and advice on how to help.

www.youngminds.org.uk

Exam Stress | How To Deal with Exam Stress for students | YoungMinds

It's normal to feel a bit worried about exams, but sometimes they can make you feel anxious or depressed. Find out how you can deal with exam stress at [https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/?](https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/?utm_source=eshot&utm_medium=email&utm_campaign=360schools&utm_content=april2023&utm_term=exams)

[utm_source=eshot&utm_medium=email&utm_campaign=360schools&utm_content=april2023&utm_term=exams](https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/?utm_source=eshot&utm_medium=email&utm_campaign=360schools&utm_content=april2023&utm_term=exams)



Exam Stress | How To Deal with Exam Stress

It's normal to feel a bit worried about exams, but sometimes they can make you feel anxious or depressed. Find out how you can deal with exam stress.

www.youngminds.org.uk



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BETHS 5K FUN RUN/WALK

We are excited to invite you to join us for a Beths Grammar School Family 5k Fun Run & Walk. This will be taking place at 10:00am on Saturday 17th June 2023 at Hall Place & Gardens, Bourne Road, Bexley, Kent, DA5 1PQ.

All donations for participating, spectating or supporting are welcome, with all donations going towards the new basketball scoreboard in the sports hall, which is in memory of year 10 student Osaivbie who passed away in October of last year.

This is a great opportunity for you to support a meaningful cause and come along and join the Beths community to get outdoors and exercise on (hopefully!) a sunny Saturday morning. So please sign up and donate to support this event!

We welcome everyone whether you are a student, parent, or friend to join us in this event. You can run or walk at your own pace and enjoy the beautiful scenery of Hall Place & Gardens. To get a good idea of how many will be joining us, please could you register your group using the following link <https://forms.office.com/e/EGy1wzyg6i>

There are many benefits of doing a fun run , such as:

- Reigniting your passion for running
- Lowering your blood pressure
- Improving your mood
- Boosting your immune system
- Raising money for our great causes to support your childs' experiences



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BETHS 5K FUN RUN/WALK

So, what are you waiting for? Sign up and get the date in your diaries!

To register for the event, please fill out this form: <https://forms.office.com/e/EGy1wzyg6i>

To donate for event please use this link: <http://basketball.bethspa.co.uk>

If you have any questions, please contact us at mrwebb@beths.bexley.sch.uk

We look forward to seeing you on Saturday 17th June 2023 at 10:00am!
Please feel free to arrive from 09.30am onwards to warm up!

Yours sincerely,
Mr Webb

BETHS GRAMMAR SCHOOL PRESENTS

5K FUN

RUN & WALK

IN AID OF THE NEW BASEKETBALL SCOREBOARD

SUGGESTED DONATIONS £10

WEAR RED

SATURDAY
JUNE, 17 2023
START 10.00 AM

HALL PLACE

BOURNE ROAD, BEXLEY, KENT DA5 1PQ

DONATE CASH ON THE DAY OR TO
[HTTP://BASKETBALL.BETHSPA.CO.UK](http://basketball.bethspa.co.uk)

BUY FOOD & DRINK
BETHS BOBBLE HATS

FOR INFORMATION EMAIL MRWEBB@BETHS.BEXLEY.SCH.UK

BETHS PARENTS ASSOCIATION
Supporting Community, Local and Global



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SPORTS FIXTURES AND RESULTS

Results for week commencing 24th April 2023

CRICKET					
25.04.23	U13 The Thomas Cup	U13	V Bickley Park School	Home	Won

Fixtures for week commencing 28th April 2023

CRICKET					
28.04.23	U14 Oliver Cup	U14	V Bullers Wood School for Boys	Home	Start time 2:30pm
04.05.23	North Kent Cup	U15	V Chislehurst and Sidcup Grammar School	Away	Start time 4pm
04.05.23	U13 The Thomas Cup	U13	V Ravens Wood School	Home	Start time 2pm
FOOTBALL					
05.05.23	North Kent Finals	U13A	V Hurstmere	Neutral - Glebe FC	KO 6:30pm
05.05.23	North Kent Finals	U13B	V Hurstmere	Neutral - Glebe FC	KO 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)

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			KS3 Basketball Sports Hall	KS3 Basketball Sports Hall	
	Spanish Club S16 Ms Bridge	LGBTQ+ Society S18 Mr Stein	French Club S19 Ms James		DT Club A9 Mr Knott
	Reading Club EVEN WEEK B5 Ms Monteith	Drama Club P3 Ms Monteith	Eco Club ODD WEEK A4 Mr Glendinning		Manga Club ODD WEEK B4 Ms Takeda*
	U14 Basketball Sports Hall Year 8 Rugby Field	Music Enrichment - Audition only	Music Appreciation 12:15-12:45pm P2	Connect Club EVEN WEEK B4 Ms Takeda	Animation Club A3 Ms Twinem
Lunch	Run Club School Field Mr Walter	Year 7 Basketball	Y8 Dungeons and Dragons DandJ Hub Ms Commerford	KS3 Badminton Sports Hall	Creative Writing ODD WEEK B2 Lady Irving-Gale
	Beths Youth Band 3:40-4:45 P1	Memrise Clinic S16 Ms Bridge	Collegium Antiquum 12.15 start S19 Mr Simpson		Music Support Session 12:00-12:45pm P2
	** Group Piano lessons 3:30-4:30 P2	Music Enrichment - Audition only	Latin Forum (Y7- invite only) MCC 3.30-4.30pm	Warhammer S1 (3.40 start) Mr Turnbull	Spirited Arts - JEM/ - Friday Lunchtime Odd Week - M1
	Year 7 Rugby Field	Orchestra 3:40-4:45pm in the Main School Hall	Theatre Production 3.45-4.30 P3 Ms Grady*	Beths Singers 3:40-4:45pm P1	
After School	STEM Club Y7 S12 Ms Sarker	Year 8 Rugby Field	** Violin Club: 3:30-4:00 beginners; 4:00-4:30 intermediate in P2	Year 7 Football Field	U13 Basketball Sports Hall
		Year 9 Rugby Field		Year 9 Football Field	Beths Big Band 3:40-4:45pm P2
				U14 Basketball Sports Hall	

KS4 Clubs

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

CLUBS AND EXTRA CURRICULAR ACTIVITIES

KS5 Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 8.30am				Gym Club (Max 15 people) Weights Room Mr Webb	
Lunch time	<p>History Club EVEN WEEK M5</p> <p>Chess Club A2 Mr Healy</p> <p>Muslim Prayer group C3 Mr Ahmed</p> <p>KS5 Chemistry Club S8</p> <p>KS5 Physics Olympiad Club S1</p> <p>Gender Equality Society A7B Ms Ewing</p>	<p>Philosophy Society EVEN WEEK M2 Ms May</p> <p>Muslim Prayer group C3 Mr Ahmed</p> <p>Computer Science interview prep S1 Mr Beaney</p> <p>Stoic Philosophy Society Odd Week M2 Mr Papakostas</p>	<p>Eco Club EVEN WEEK A4 Ms Purbrick and Mr Glendinning</p> <p>Music Theory Club at 1:10pm-1:45pm P1 Ms Marriott</p> <p>Poetry Club EVEN WEEK B1 Dr Easton</p> <p>English Revision Club ODD WEEK B5</p> <p>Muslim Prayer group C3 Mr Ahmed</p> <p>Reading Club ODD WEEK B5 Ms Monteith</p> <p>KS5 Maths Olympiad Club B12 Mr Khalid</p> <p>Personal Statement Clinic LRC Mr Beaney</p>	<p>Group Therapy* C4 Denise Brett-Smith</p> <p>Music Revision 1:10-1:45pm P1 Ms Bowen-Evans</p> <p>Psychology Club MCC Mr Walsh and Ms Moffat</p> <p>Debating Club M4 Mr Chamberlain</p> <p>Muslim Prayer group C3 Mr Ahmed</p> <p>Yu-Gi-Oh Club A5 Mr Walter</p> <p>Informatics Olympiad club IT1</p> <p>BMAT physics support for Medics S0 Mr Beaney</p>	<p>LGBTQ+ Society (ODD-S19, EVEN S15) Ms Harris</p> <p>Social Sciences Reading Club FIRST ODD FRIDAY OF MONTH M4</p> <p>Film Club B6 Ms Quinn and Mr Russell</p> <p>Muslim Prayer group C3 Mr Ahmed</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 Mr Morgan</p>	<p>Orchestra 3:40-4:45pm in the Main School Hall Ms Marriott</p>	<p>1st XI Football Venue TBC PE</p> <p>2nd XI Football Venue TBC PE</p> <p>6th Form Basketball Sports Hall PE</p> <p>6th Form Girls Football Field PE</p>	<p>Warhammer S1 Mr Turnbull</p> <p>Beths Singers 3:40-4:45pm P1 Ms Marriott</p>	<p>Beths Big Band 3:40-4:45pm P2 Ms Marriott</p>
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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 apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

WIZZ

AGE RESTRICTION
12+

12+ App Store
Teen Google Playstore

Wizz is a networking app which allows users to connect and chat with other people around the world. Its principle is similar to a dating platform: users have a profile with up to three photos, along with optional interests and hobbies tags. This allows other like-minded people to be recommended in searches. If a user likes what they see on someone's profile, they can initiate conversation through the instant message feature; otherwise they swipe on. The app does use age verification technology when an account is created and groups users by age.

WHAT ARE THE RISKS?

OVER-SHARING

Immediately after setting up an account, users start receiving friend requests (mainly from the opposite gender). For many young people, this will be exciting and a boost to their confidence. As young people tend to be more trusting online and may believe what others tell them, however, this can lull them into dropping their guard and revealing personal information to strangers.

CATFISHING AND PREDATORS

Wizz uses Yoti, a digital ID system, to verify users' age. The AI only detects approximate age, though – so an older person who looks younger could be grouped with teens (or vice versa). Also, profile pics on Wizz don't have to match the face of the person who did the initial age verifications: it would be fairly easy to create a fake account using another person's photos with a made-up name and age.

EXPLICIT CONTENT

During our research, conversations on Wizz very quickly turned sexual. Users frequently suggested 'taking it to Snap' (Snapchat's disappearing image feature can make it conducive to sharing explicit selfies), connecting on other social media, swapping nude or semi-nude pictures, or holding sexual chats. These users created an impression of the platform being sleazy and unsafe for young people.

INTIMATE IMAGES

It's not unheard of for young people to be coaxed into sending suggestive images of themselves over apps of this kind. Given that Wizz connects users with strangers, who may not be honest about their real intentions, a teenager might conceivably be persuaded to share sexually suggestive selfies by someone who they believed they had a trusting relationship with.

NO PARENTAL CONTROLS

The app claims to provide a secure and inclusive environment, but our researcher couldn't find any parental controls or safety features in evidence. If you report another user for inappropriate behaviour, you are offered the option to block them – but there's no indication as to whether the block has actually been successful, and there was no follow-up contact from the developers.

SECRETS AND SUBSCRIPTIONS

Wizz sent our researcher occasional 'mystery' friend requests from a blurred-out profile. To discover the sender's identity, users can either watch a video (usually an ad for a game or app) or take out a monthly subscription. Cynics might suggest this could be a way to exploit young people's curiosity into making them pay for the app, and that the 'secret admirers' are bots rather than real people.

18 MEET STRANG

Advice for Parents & Carers

TALK IT OUT

If your child has downloaded Wizz, talk to them about why they like it and who've chatted with. Have they shared any personal details with this person or connected with them on other social media platforms? Refresh your child's memory of the various risks that can arise from engaging with strangers online and get them to consider using a similar app with more robust safety features.

BE SUPPORTIVE

When connecting with strangers on apps like Wizz, seemingly innocent chats can quickly progress to become sexually explicit and lead to nudes being sent. Make sure your child knows to come to you if they're uncomfortable about anything they've been sent or been asked to send. If they've already shared something that they now regret, reassure them that you'll support them no matter what.

EMPHASISE CAUTION

Young people are far more inclined to see the good in others; they often overlook the fact that scammers set up fake accounts on apps like this with the intention of getting money or personal data. Remind them that not everyone online is who they claim to be, how easy it is for someone to create a bogus profile, and why it's vital to think twice about sharing anything on networking apps.

KEEP THINGS TRANSPARENT

It might feel awkward, but regular chats about your child's online life can be beneficial. If they seem suddenly anxious or secretive around their phone or tablet, they may have something they need to get off their chest. You could also consider not allowing digital devices in their bedroom, especially overnight – that's when a lot of the riskier conversations on apps like Wizz tend to take place.

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.



National Online Safety®

#WakeUpWednesday

Source: https://play.google.com/store/apps/details?id=info.wizzapp&hl=en_GB&gl=US | <https://www.met.police.uk/advice/advice-and-information/sexual-offences/restoration/>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.04.2023



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