

BETHS VIP

Excellence - Community - Respect - Nurture

MESSAGE FROM THE HEADTEACHER

Dear Parents, Carers,



We have reached the end of another term; this year seems to have flown by. We have had so much packed into this term to celebrate.

Firstly, the school production of *The Addams Family*, and it was brilliant to see scholars from different groups coming together to make the production happen while forming new friendships. With fantastic vocals and an amazing band, it really bought the school community together.

We held our Spring concerts last week and Wednesday evening, and again, what a performance from our talented musicians. Thank you if you came along to support our scholars in their performances this term.

Embedding the community spirit into our scholars, we held our second Afternoon Tea for the local retired community. Our scholars displayed their foreign language skills, sharing their school trip experiences and we had music from our KS3 & KS4 band along with beautiful piano music by David A in Year 13.



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Our sports teams have had great success this term, our Year 9 Basketball team winning their third consecutive Kent Cup title and Year 10 Basketball team also won their Kent Cup final. Also, our Year 7 and Year 9 rugby teams for winning the East Kent Rugby 7s Festival cup. Congratulations to all the teams.

Finally, a reminder for when scholars return to school after the Easter break. Please check they have the correct uniform and if needed, purchase necessary items over the Easter break.



Blazer	Single breasted navy blue blazer with official school woven badge
Shirt	White shirt
Tie	House tie
Trousers	Plain grey or black trousers
Jumper	Plain black, navy blue or grey v-neck jumper
Socks	Plain grey or black socks
Shoes	Plain black shoes, of a conventional school type
Coat	Plain black, navy blue or grey coat with no markings that is large enough to be worn over the blazer.

Have a wonderful Easter break,

Richard Blyghton



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PERCUSSION SUPERSONIC CONCERT

Over the last few weeks our music scholars have been preparing for a Percussion Supersonic concert at Fairfield Hall.

It was an excellent opportunity for scholars to represent Beths , show off their wonderful music ability and to perform at a top concert venue and with other schools from the area!

We hope thoroughly enjoyed yourself!



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SPORTS UPDATE

For the 3rd year in a row, our Year 9 Basketball team are Kent Basketball Champions! They played Langley Park School for Boys and won game 64-60 in a very entertaining match. Well done to all involved. This team have won every basketball game they have played since they joined us in Year 7 - an incredible achievement and a wonderful way to end the season.

Following the success of our Year 9 Basketball team, our Year 10 basketball team played The Harvey Grammar School in the Kent Basketball Finals. Congratulations to our Year 10 team for being crowned Kent Basketball champions - winning 73 - 50, another fantastic achievement .



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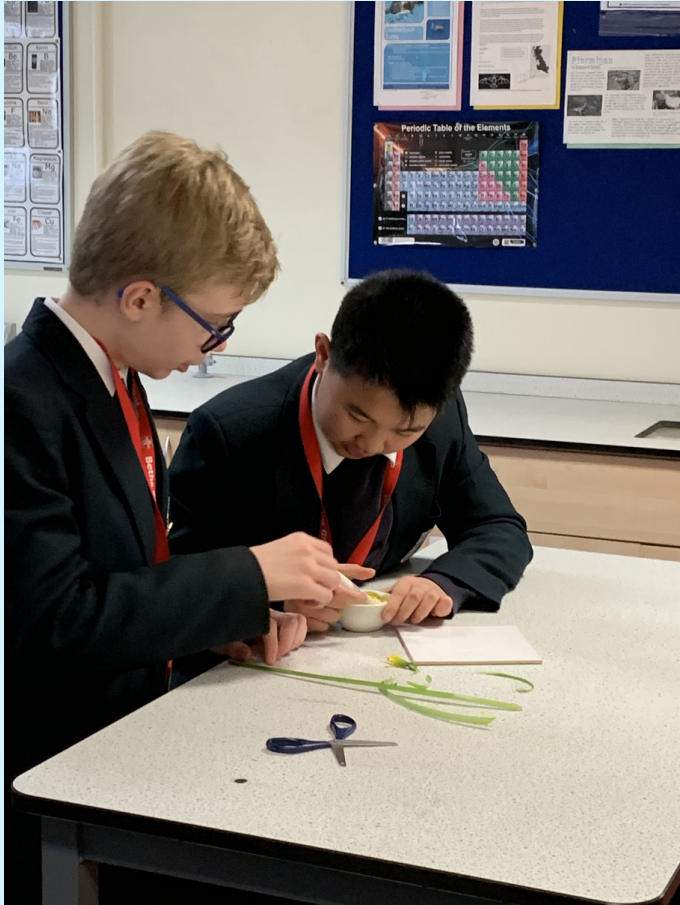
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STEM CLUB

The spring themed STEM Club sessions are in full force. This week the students explored flower dissection. They dissected Daffodils and their eggs, and extracted the colours and essence from Camellias.



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THE ADDAMS FAMILY - SCHOOL PRODUCTION

Thank you to all the cast, staff and audience members for making The Addams Family production such a success! Keep an eye out on the VIP and our social media for more pictures.



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ASSEMBLIES

This week, the Met Police delivered an assembly to our Year 9 and 10 students about county lines and youth violence. They discussed the consequences of breaking the law using real life examples and scenarios.



North Kent college came to discuss with our Year 11 students about post 16 choices, and different courses students can take. Students thoroughly enjoyed learning about different career paths and the different choices available to them after their GCSE exams.



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YEAR 11 HONOUR TIES

Congratulations to our Year 11 Honour Ties students. These ties were awarded to our top performing students, and those who have exemplified the school's values: Excellence, Community and Respect.

Well done all!



BEST OF THE BETHS

Best of the Beths March issue is now available to be viewed on our website <https://www.beths.bexley.sch.uk/page/?title=Best+of+the+Beths+Newsletter&pid=403>. This month's issue includes; Year 8 House Football by Faeq 8B, FA's Support of the New England Kit Design by Ankur 10C, FA's Support of the New England Kit Design by Ankur 10C and much much more!

BEST OF THE BETHS

THE BEST OF MARCH

THE TRIAL BY ROB RINDER

ISAAC SPENCER 10C

This book appeared on my dining room table one March morning. I approached it not knowing what to expect and with an open mind. I'm glad I did, as this book was a pleasant insight into the inner workings of the legal system. It didn't overly complicate anything but still managed to build up an intricate story and set of characters. The author, Robert Rinder is a popular 'TV judge' and barrister who was called to the bar in 2001. He attended pupillage at 2 Paper Buildings and gained a tenancy at 2 Hare Court. The main character of the book, Adam Green's experiences are based on Rinder's own experiences of pupillage and working at the Old Bailey. This gives the book an authentic and believable tone all throughout.

The book opens with the death of D.J. Grant Clivedon's murder. A much-loved detective and national treasure who dies from Botox poisoning – an immediate point of intrigue that has the reader hooked from the very beginning. Throughout the course of the book, we follow trainee barrister, Adam Green, as he tries to get to the bottom of this murder while simultaneously battling for his client, Jimmy Knight, the accused killer of Grant Clivedon.

This builds an interesting and engaging whodunnit which effortlessly goes alongside the courtroom drama. Along the way, Adam makes countless astonishing discoveries about his client, the case, and his own family. The story is made up of many detailed layers that are gradually peeled away. Just when you think you've reached the centre of the mystery, another layer is revealed that blows whatever theory you had completely out of the water. This makes this book an engaging and fun book. I kept finding myself wanting to read more and could hardly put it down towards the end. However, there are a few negatives. Firstly, there is undeniable sense of repetitiveness that lays in around the middle of the book. The middle in general feels like filler and erratically grasps at any content possible. This content is usually wholly irrelevant to the story and feels tedious to read even though it is the most light-hearted part of the book. Secondly, there are four very similar characters who, although obviously meant for the mystery of the plot, are quite confusing at times and feel clumsy. Finally, the ending is overall quite satisfying, but it lacks all the finality that it could've easily included. The main story line isn't left on a cliffhanger, but the minor details oddly are.

Overall, this is a delightful short read (around 300 pages) that transports you to a

THE 6 NATIONS

MICHAEL SHIELDON 10W

As the Six Nations has just concluded on the 16th of March 2024, here is a round up of the always amazing tournament after another year. The last 5 tournaments have seen 4 different winners, England in 2020, Wales in 2021, France in 2022 and Ireland in 2023 and this year's tournament in 2024.

This is one of the great things about this tournament: as it only has 6 teams (England, Ireland, Scotland, Wales, France and Italy), it's a pleasant surprise to see a wide variety of teams win most years, although saying this, the country many question about the inclusion of in the tournament, Italy, have never actually won the 6 nations.

This year was rather one sided. Ireland, who are currently one of, if not the best in the world right now, had swept the park, winning by 5 points, which may not be a huge point gap but was accompanied by a point difference of 84, when second place France only had a point difference of 6.

The tournament didn't go so well for last place Wales who only, having been champions 3 tournaments prior, had the poor record of 5 losses, 0 wins and 0 draws, only getting points for the 4 try bonus which means if you score 4 tries in a singular game then you get one extra, or in Wales case, one solitary point.

Now looking forward to next years competition, assuming no serious team injuries, it's looking like another win for Ireland as they have a much more all round squad with much more squad depth than the other competitors, with a lot of youth talent. England seem like they have a great chance every year but with the absence of the main man Owen Farrell, it's looking like more of the same.

Team	W	L	D	PTS
1 Ireland	4	1	0	20
2 France	3	1	1	15
3 England	3	2	0	14
4 Scotland	2	3	0	12
5 Italy	2	3	1	11
6 Wales	0	5	0	4

SORA AI

TAY MCKEOWN 10B

While AI image generation itself is a more recent development with the first rudimentary AI only being made in the 50s with rudimentary checkers and chess engines and AI image generators only being made in the 1970s, there is no doubt that in recent years AI has exploded in popularity with AI chatbots such as ChatGPT becoming extremely widespread to the point that you won't go a week without seeing someone using it.

Now, the company behind ChatGPT (OpenAI) has made a breakthrough in AI video generation, with what previously were completely unintelligible now being on the level that you can mistake them for real photos.

AN IMAGE FROM A VIDEO GENERATED BY SORA

AN IMAGE FROM A VIDEO GENERATED BY STABLE DIFFUSION

The reason this is such a huge achievement is because of how AI works. AI itself has no idea how the different objects in an image interact, so an AI being able to convincingly replicate reality is huge.

However, this level of accuracy does raise some questions about the future of copyright laws. Already this year, we have seen Pocketpair Studios releasing a game remarkably similar to "Pokémon", and if studios are already getting away with making extremely similar designs, what will happen when generating assets becomes as easy as writing a prompt?

This level of accuracy is not without flaws though. Sora often struggles with accurate physics, as well as often duplicating bodies in crowded scenes.

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



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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.



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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. ”



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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.

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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.



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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 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. Greateorex-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.



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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.



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BETHS PARENTS ASSOCIATION

How You Can Help

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

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!



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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.

What Parents & Educators Need to Know about CLICKBAIT

WHAT ARE THE RISKS?

Clickbait is a controversial online marketing strategy which uses sensationalist (and frequently misleading) headlines to encourage engagement with an article, image or video – often playing on users' emotions and curiosity, while much of the actual content is of questionable accuracy. Clickbait is also sometimes used to disguise scams, phishing sites and malware.

HARMFUL MISINFORMATION

Clickbait tends to play fast and loose with the truth, opting for eye-catching content over objectivity. This is particularly dangerous for younger internet users, who are generally more susceptible to that type of material. A child could be presented with fake news, misleading articles and – in some cases – outright lies without fully understanding what they're viewing and why it's harmful.

INAPPROPRIATE CONTENT

Due to the misleading nature of many examples of clickbait, what may seem to be innocuous and child-friendly could actually contain age-inappropriate material such as extremist political views or violent, pornographic or sexually explicit content. This is clearly a hazard for young people, who could be upset, disturbed or influenced by exposure to such subject matter.

HIDDEN MALWARE

While most clickbait is simply trying to promote engagement to earn companies additional revenue, some of it does redirect to dubious sites with the potential to infect devices with viruses or malware. This could put a child's sensitive data – such as their name, their location and their date of birth – at risk of being accessed and exploited by malicious hackers.

PRIVACY PROBLEMS

Some clickbait leads to sites which could coax a child into volunteering their personal data – using pop-ups to ask them for their email address and phone number, for example, in exchange for accessing additional content or subscribing to various services. Normally, this harvested information is then sold to third parties, who often utilise it for targeted adverts and other sales schemes.

A DRAINING DISTRACTION

Clickbait encourages spiralling consumption of online content, which could easily result in a young person spending hours scrolling aimlessly instead of doing something productive or interacting with family and friends. This can leave them tired, apathetic and lacking focus – and, in the long term, can negatively impact their social skills, education and mental wellbeing.

IMPACT ON BEHAVIOUR

Depending on the type of clickbait a child is interacting with, you might notice negative changes in their behaviour. Weight loss scams, for example, are common among clickbait and have the potential to influence eating habits and body image – while deliberately inflammatory 'rage bait' articles can leave impressionable young people feeling irritable, restless or argumentative.

Advice for Parents & Educators

START A CONVERSATION

The sheer volume of clickbait can make protecting children against it quite challenging. It's vital to talk to young people regularly about the types of content they encounter online, so that they understand the risks of engaging with clickbait. If you're still concerned, it may also be wise to keep an eye on children's online activity to ensure they're not being tempted by clickbait headlines.

PROMOTE CRITICAL THINKING

Encouraging children to question the legitimacy of sensational headlines and too-good-to-be-true promises will help them become savvier online – and far less likely to be drawn in by clickbait content. These critical thinking skills will also serve to protect them in other areas of the digital world where misinformation is becoming increasingly common.

SPOT THE TELLTALE SIGNS

There are certain common elements in clickbait, including headlines and images that use shock and outrage to grab people's attention – as well as numbered lists, such as '8 Facts You Won't Believe Are True'. Some clickbait combines several of these tactics to snag users' interest. Learn to recognise these techniques for yourself so you can teach children to notice them as well.

TAKE CONTROL

Many parents opt to place limits on how long their children can spend online each day, which obviously reduces the chance of exposure to clickbait. Alternatively, most internet-enabled devices have built-in controls that allow parents to manage what sort of online content their child can access – including filtering by age, which can screen out a percentage of inappropriate material.

Meet Our Expert

Carly Page is an experienced technology writer with more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, she is now a freelance technology journalist, editor and consultant who writes for *Forbes*, *TechRadar* and *Wired*, among others.



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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



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