

BETHS VIP

Excellence - Community - Respect - Nurture

MESSAGE FROM THE HEADTEACHER

Dear Parents, Carers,



The end of term is now here, and we certainly crammed a lot into this six week term!

Just to recap on some of the highlights since February, we have had sporting achievements with our Years 7 and 8 teams winning the Kent Area Basketball cup, our other Years 9, 12 and 13 made it to the finals and each came second. Such an achievement to all reach the finals, my congratulations to the teams and their coaches.

In Football the 1st XI's and 2nd XI Sixth Form football teams won the Kent League and Kent Schools Cup, and in Rugby our U14 Rugby team are the Kent Schools RFU Shield Winners and U14 East Kent Schools Plate Winners!. Our PE department have certainly been busy this term and ended the term on a high with Year 8 going on a Rugby tour of Wales! More about their trip can be found in this VIP.

Also, this month, we held our School Productions of The Dumb Waiter and DNA and our talented musicians held two Spring concerts just before the end of term. Brilliant performances by our students, I hope you managed to see for yourselves.



We hosted the University Challenge Grammar Schools competition and unfortunately couldn't replicate last year's resounding victory but still put in a creditable performance of 3rd place.

We have also hosted this month, a Mental Health Ambassadors meeting and LGBTQ+ Think Tank, both linking up with other local secondary schools in the borough to discuss challenges faced by young people.

Science week was full of activities for students to participate in. Our STEM club completed an 8 week survival on a desert island course, where they learnt to make water wheels and dissect a fish!

Next term we will have the Onatti Theatre Production in school for giving our MFL students in Years 8-10 a play in the respective language they are studying (French, German or Spanish). Our Years 11 and 13 students will commence their GCSE and A Level examinations w/c 15th May, I will be in touch with parents in these year groups after the Easter break regarding study leave.

There will be an email sent home regarding our revised Behaviour policy and Mobile Phone policy, please make yourself familiar with them and a copy will be placed on the school website.

An updated regarding our new Sixth Form building plan:

I'm pleased to be able to end the Spring Term with some very positive news about the provision and facilities that we offer here at Beths, over the coming years. It is with great excitement that I can confirm that our Condition Improvement Fund bid has been fully approved by the Department for Education.

This is something we have worked extremely hard on for many years to achieve, and we are really pleased to be progressing with this opportunity which will bring great benefits to students, staff and the wider community alike.

I can confirm that the funding will be put towards the creation of a new and dedicated sixth form centre. This will not only help to bolster the teaching and learning environments that our sixth form students can benefit from, but it will also create more space and opportunities for students in Years 7-11 in our main building.

We will be meeting with the contractor during the Easter break to confirm the final design, and we plan to build a state-of-the-art, three-storey centre which will provide 14 new classrooms that are purposely designed to encourage collaborative, personalised learning and studying opportunities. There will be an open-plan ground-floor common room, and numerous light and inspiring study areas to support independent and group learning, as well as movable walls so that the space can be adapted depending on requirements.

We also plan to include a small coffee shop area to the ground floor, so that students can choose to stay on site during lunch periods, and the whole centre will of course be accessible for wheelchairs with lifts throughout.

Preparation works will commence during the summer term, to enable the building work on the project to start in the summer holidays, with the planned completion date of June 2024, meaning students currently undertaking studies in KS3 and KS4 will benefit from the provision once opened. We also hope this provides additional motivation and excitement for those students looking forward to carrying on their post-16 studies at Beths.

To make way for the development of the site, we will be demolishing the old learning and research centre which we feel is no longer fit for purpose. The temporary accommodation currently providing sixth form study and common room areas, will remain on site for the duration of the build.

We are confident that any noise disruption will be minimised and avoided throughout the project, as any contractors will access a different entrance to the school site, and as part of the preparation works, we will be building a compound around the building area so that it is separate to the areas students regularly frequent.

The Department has contributed a large proportion of the funding, but to ensure that the project meets our high ambitions for a large-scale development, we are also required as a school to contribute funding. If you are aware of any sponsorship and fundraising opportunities where support for this could be provided, please do let us know.

We look forward to keeping you updated on the progress with the development, and hope to be in a position to share some sketch images with you before too long. If you have any questions or would like to discuss further, please do not hesitate to get in touch.

Thanks as always for your ongoing support.

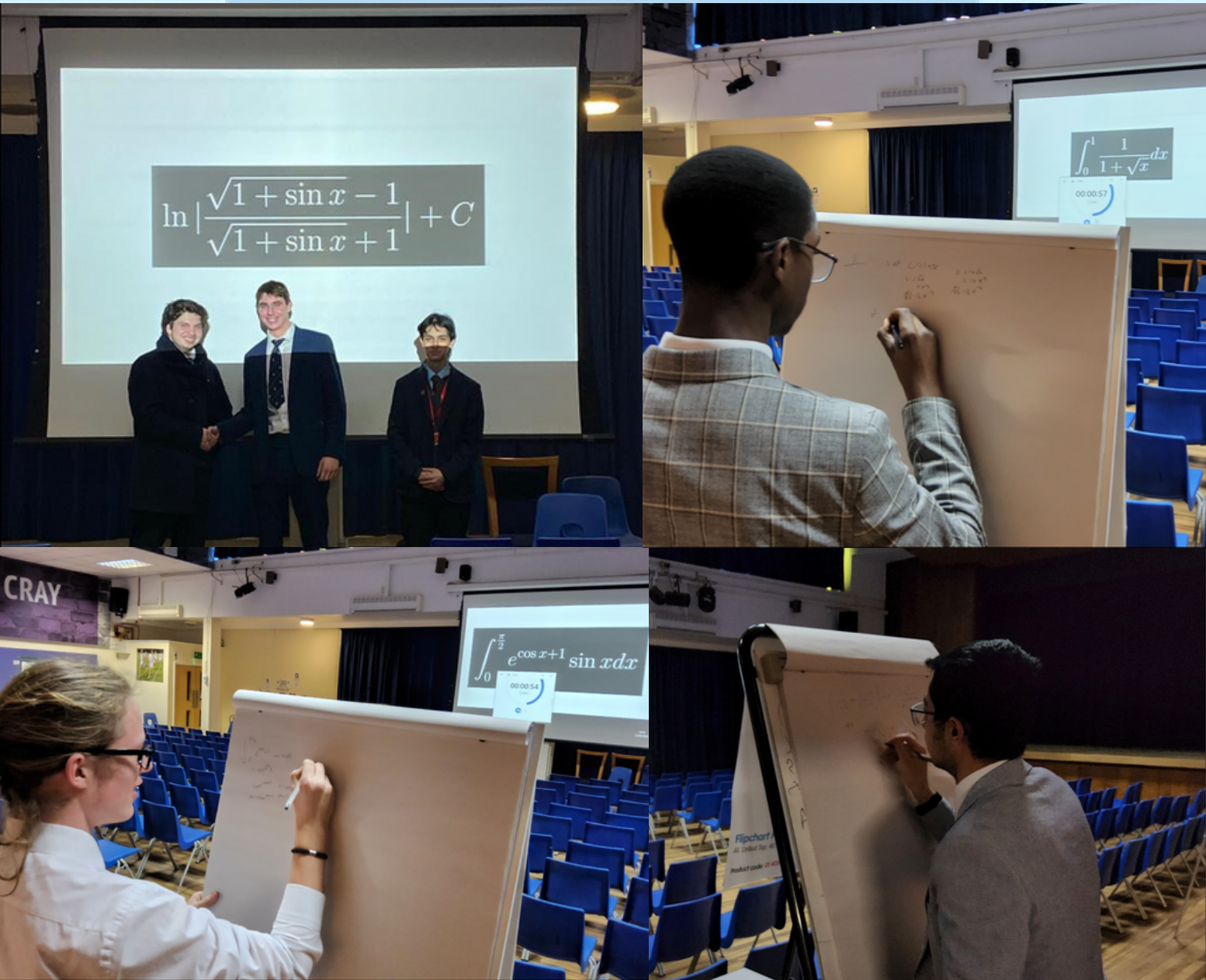
Yours sincerely,

Richard Blyghton,

Headteacher, Beths Grammar School

INTEGRATION BEE 2023

Well done to Elia for winning the Beths Grammar School inaugural Integration Bee 2023! Organised by Year 13 Further Maths students, contestants went head-to-head solving A Level integration questions, attempting to eliminate their opponent by solving each integral as quick as possible.



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RAMADAN MUBARAK

As a Muslim, I participate in Ramadan because it is one of the five pillars of Islam, which are the basic acts of worship that every Muslim must perform. Ramadan allows me to build a stronger relationship with Allah SWT through self-discipline and worship. I mainly do this by going to the mosque for Taraweeh (night prayer after breaking the fast) every day and practicing Quran recitation in the morning and evening, which helps me learn how to control my physical desires and focus on my spiritual needs through fasting. Additionally, it gives me a lot more structure throughout my day allowing me to be organised in my day to day activities. Ramadan is also a time for increased acts of charity and kindness towards the less fortunate during the month of Ramadan. One final thing I also enjoy about Ramadan is that it creates a sense of community with other Muslims who you are fasting with.

-Written by Ayman Year 13

Beths Multicultural Society also made a short video about what Ramadan means to them. The video can be found by following this link <https://youtube.com/shorts/aEUqcupffMc>



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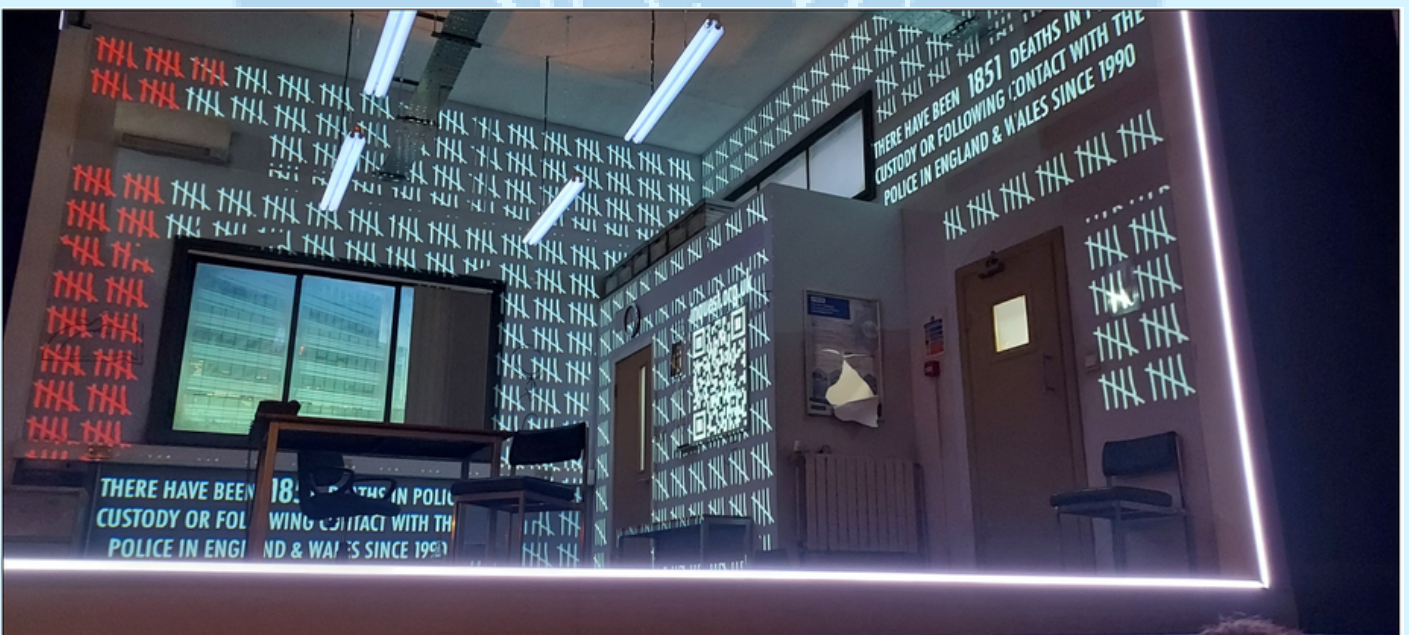
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DRAMA THEATRE TRIP

Students from Year 12 and 13 Drama went to see one of their set texts, *Accidental Death of an Anarchist* written by Dario Fo and Franca Rame in a new adaptation by Tom Basden at the Lyric in Hammersmith. The show stars Daniel Rigby, who was flawless as the Maniac, bringing the story up to date with current hot topics and performing on a stage layout our students had not seen before. A brilliant time was had by students and staff.



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CHINESE CLUB

On Monday lunchtime in Chinese club, me and some of my friends painted Chinese opera masks; it was very exciting. We learnt about the history of the mask, and we also learnt about what the different colors mean in the culture. I really enjoyed it because we got to choose how we wanted to customize our masks. Very good experience.

--Oluwanifemi 9A



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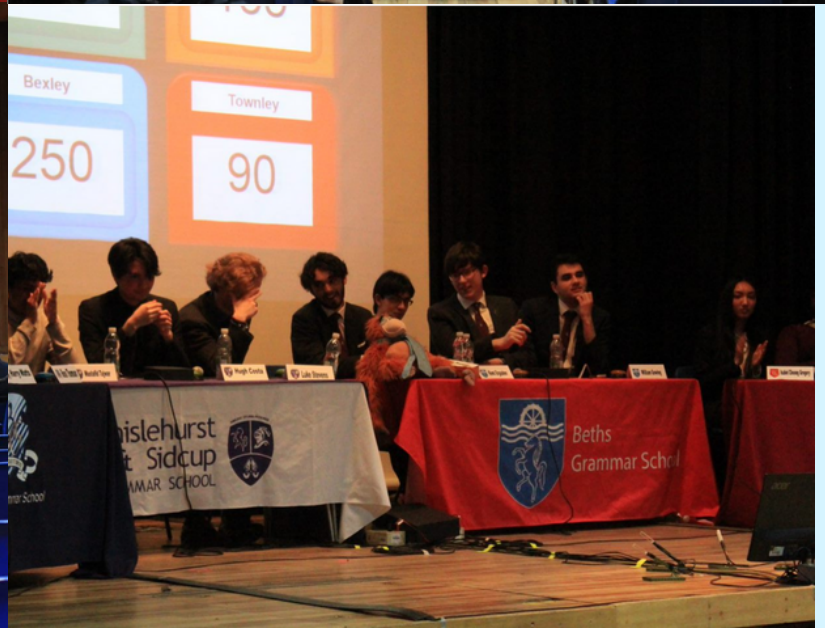
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BEXLEY BOROUGH GRAMMAR SCHOOLS' UNIVERSITY CHALLENGE 2023

On Thursday 23rd March we held the annual Bexley Borough Grammar Schools' University Challenge 2023, attended by Bexley Grammar, Chis and Sid and Townley. It was an intense yet fun competition and a wonderful time was had by all. We look forward to next year where we can hopefully regain our title!

The results were the following:

- 1st - Bexley Grammar
- 2nd - Chis and Sid
- 3rd - Beths
- 4th - Townley



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SPORTS NEWSLETTER

March edition of the sports newsletter is now available to be view online by following this link <https://www.beths.bexley.sch.uk/page/?title=Sports+newsletter&pid=393> . This months edition includes reports from Kent Basketball Finals, Kent Football Semi Finals, Rugby Tournaments and much much more!

Thursday 16th March - Year 8 A Team Football v Bexley Grammar :

North Kent Cup Won 2-0 Beths start off quick straight away putting pressure on the Bexley grammar players. After gaining possession, we start playing our football, trying to find a gap through the Bexley side. We had many break throughs, but their defence was very solid. Near the slight end of the second half, Jayden collects the ball from a clear and plays an absolute wonder ball to Tobenna who slots it comfortably in the bottom left corner. The Beths midfield and defence were really performing in their positions. The 2nd half came and Beths do not slow down. Bexley grammar put some pressure on us by putting a few balls over, but our midfield and defence held tight. Now, with around 7 minutes left, Tobenna once again scores with help from our wingers. We then managed to hold them off and finish the game. Great game lads. -Written by Lucas 8W

U14 7's Tournament at Canterbury:

At first we played well however our main flaw was that we refused to run straight in our first two matches causing us a loss to Dane Court. In that match we made a few mistakes that cost us a game we could have won. We charged through the rest of our matches without losing a single one. We ended up in the plate finals which we won. In the end we won the plate and left with an experience to learn from.



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MEP “JOURNEY TO THE EAST” (A VOYAGE OF DISCOVERY) CONFERENCE

On Wednesday 29 Mar, 12 of our Y10 MEP students attended The MEP Journey to the East Conference at the ICC in Birmingham. Over 1,500 students from the UK’s 79 MEP schools were present. It was an incredible day out.

We were welcomed with music performances by an Anglo-Sino duet followed by a video call from The Rt. Hon. Nick Gibb from Whitehall. The day continued with talks from: academics on history, politics, and the environment in China; university students and employees about how they use their Chinese (including a member of the intelligence services whose privacy we had to respect by turning off our mobile phones!); and professionals on music, animation, and internet literature. We broke in the middle of the day for a delicious Chinese meal and cultural activities in the main auditorium.

The day wrapped up with the results of the MEP Song Writing competition followed by a performance by the Anglo Chinese Song Singing Band - Transition. While a Y10 entrant from another school secured first place in the competition, 5 other entrants were given

notable mentions for their song writing skills. Beths’ “Multinational Misfits” (comprising Zedaine C, Daron M, Femi A, Chidozie C and Samuel F) were included in this line up. Well done - you did yourselves and the school proud! We just need you to perform it for us now at one of your Y10 assemblies!!



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MEP “JOURNEY TO THE EAST” (A VOYAGE OF DISCOVERY) CONFERENCE

We were a bit delayed on the way back due to the weather (sorry parents/carers!), but all made it back in once piece having enjoyed a somewhat less culturally related takeaway on the way home (although the students did have to change the language on the machine and order in Chinese!)

A big thank you to Ms Bridge and Ms Liu for joining us on the trip and for all your help on the day!

Looking forward to next year’s event!

Student feedback

Today we went on a trip to the ICC in Birmingham, where an MEP conference was held. It was very interesting because we were able to learn about different parts of Chinese culture which made up the country. I really enjoyed doing calligraphy during lunch time and was able to learn how to do it well. Overall, it was a very fun experience, and I could see that everyone else thought that as well. Xie Xie Lao shi for the experience! - Adriel, 10W



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MEP “JOURNEY TO THE EAST” (A VOYAGE OF DISCOVERY) CONFERENCE

I really enjoyed this experience at the ICC in Birmingham, it made me really grateful to be a part of the Mandarin Excellence Programme. I enjoyed all the performances; a lot of work was clearly put into them. My favourite part of the day were the art and animation talks. 这非常有趣! - Femi, 10C

On 29th March 2023, we went on an MEP trip to the ICC in Birmingham for a conference for all schools doing the MEP course. It was very exciting exploring aspects of Chinese culture, such as music and internet fiction. My favourite part of the day was playing the traditional Chinese drums, it was very fun!- Victor 10H

Today we went on a HSK trip to the ICC in Birmingham for a MEP conference for all schools. It was extremely fun and interesting exploring the Chinese culture. My favourite part of the day was the song 对不起 by The Transition, and it was clear the crowd loved it too! 今天非常好玩儿! Xie xie for this experience.. - Daron 10A

We were invited to an MEP experience trip to Birmingham. The trip was incredibly entertaining and highly interesting. The best part for me was the listening to 对不起 by the band Transition. 今天很有趣，我们玩得很开心.- Zedaine 10W



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MEP “JOURNEY TO THE EAST” (A VOYAGE OF DISCOVERY) CONFERENCE

I really enjoyed my time today at the ICC in Birmingham. The MEP Conference was great, and we met some interesting people, namely Kerry Brown and the band Transition where we listened to interesting speeches and mandarin songs! - Samir 10C

The ICC Birmingham MEP conference was great. The talks were filled with interesting experiences and Chinese culture. The band Transition was brilliant, and I loved all the songs. The overall atmosphere in the place was really great too! - Fraser 10A

We went to the ICC for an MEP trip. There were multiple engaging activities that we had the chance to take part in. Overall, it was a fun experience that everyone enjoyed. - Chidozie 10C

Today we went on a trip to the ICC in Birmingham for a MEP conference for all schools. It was interesting listening to the stories of the relations between Britain and China, such as the Opium War. I had a cracking time, and it was worth waking up bright and early at 5am. My favourite part of the day was the stories about animation and internet fiction - they were certainly... unique and especially interesting. 谢谢! - James 10C



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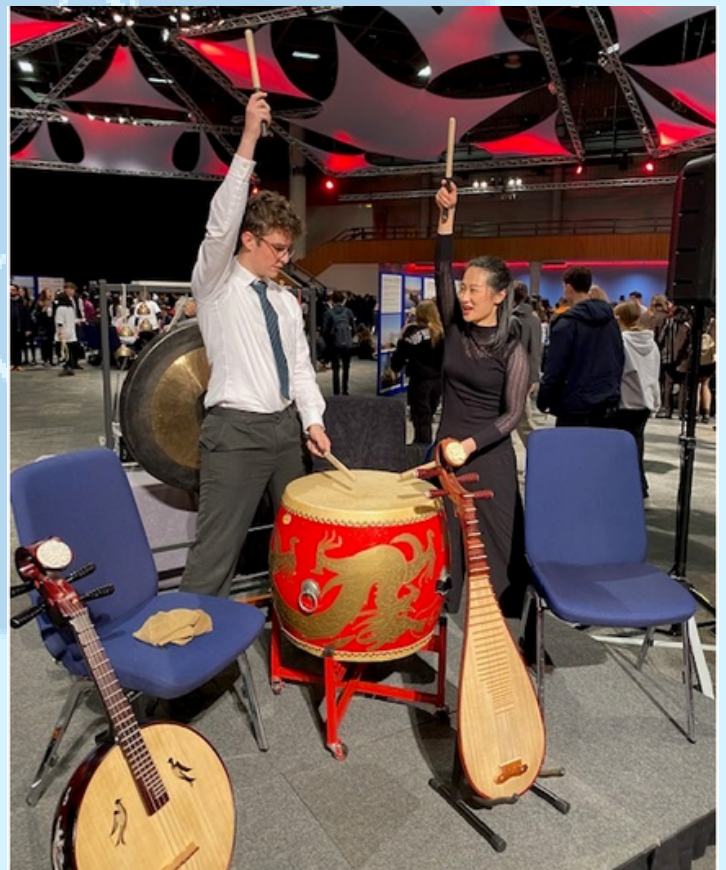
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MEP “JOURNEY TO THE EAST” (A VOYAGE OF DISCOVERY) CONFERENCE

On 29th March 2023, we went to a MEP trip to the ICC in Birmingham. It was extremely fascinating, and we had an amazing experience. 谢谢!
- Samuel 10B

We went to the ICC Birmingham conference, and it was absolutely amazing, we got to experience amazing Chinese culture, eat some great food and watch some fantastic shows, my favourite part has to be when we were watching the band play, the atmosphere was unbelievable!! - Jeremiah 10H

The trip was incredible, the speeches were incredibly interesting, and the music blew my mind. I still question how it was played! It surprised me a lot especially how different Chinese culture is to English culture overall I enjoyed it a lot. - Ryan 10W



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LGBTQ+ THINK TANK- WEDNESDAY 29TH MARCH

On Wednesday, 29th March, Beths once again hosted the Bexley Borough LGBTQ+ Think Tank. Several different secondary schools in Bexley came together to discuss the successes and challenges that LGBTQ+ students are facing at school, share plans and ideas, network and socialise. We were also lucky to be visited by two Substance Misuse nurses from Bexley Young People's Drugs and Alcohol services to dispel some myths, discuss the support on offer for students and provide information about how to stay safe and aware. It was well attended and great fun, as always!

Improving lives

Oxleas NHS

BYPDAS – Bexley Young People's Drug and Alcohol Services



HOW CAN WE HELP?

- ✓ Non-judgemental and confidential advice and support
- ✓ 1:1 sessions / Peer and group sessions
- ✓ Sexual health signposting
- ✓ Drop in sessions
- ✓ Parental support and advice

HOW CAN I GET IN TOUCH?

Call: 0203-260-5200

Email: oxl-tr.adminthelodge@nhs.net

WHO IS THE HELP FOR?

- ❖ Young people that have used or are using substance/s including alcohol in past 28 days.
- ❖ Young people aged 10 – 18 or age 18-21 if a care leaver, 18-25 if they have a disability or SEN.
- ❖ Young people that are willing to engage with BYDAS – willing to meet, want support, advice, information on substance use.

Am I going to be judged?

I think I need some help

I'd like to know more about the drugs I have been using

Am I going to be labelled an addict?

Am I going to be in trouble?



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YEAR 8 RUGBY TOUR

Our Year 8 rugby students had an incredible time on their Rugby Tour in Wales over the weekend of 31st March - 2nd April.

The weekend included fixtures against local rugby clubs, a tour of Cardiff Arms Park rugby stadium, along with coaching sessions there, watching Cardiff vs Sale Sharks game and much much more! Find out more on our PE Twitter page @BethsGspe



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HOUSE POINTS UPDATE

This term we held a range of inter-house competitions including sporting events, MFL spelling Bee, School Production and much much more. Well done to everyone on their hard work this year, and congratulations to the the current leaders Wickham!

Abbey Adaptable Accepting Ambitious	Brampton Brave Balanced Brilliant	Cray Confident Courageous Conscientious
Eardley Empathic Enthusiastic Excellent	Hurst Heroic Honest Humble	Wickham Willing Wise Worldly

House Points

Term 2
January – March

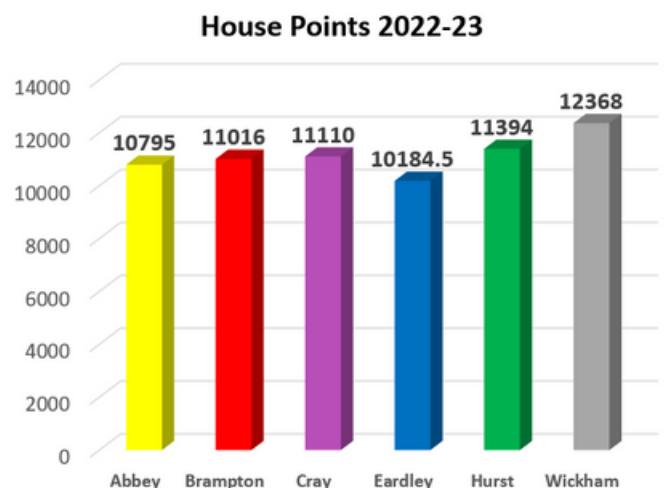
Competitions:

- Rugby Finals
- Football
- Badminton
- MFL Spelling Bee
- House of Maths Quiz
- KS3 National Career Week
- Rap Battle
- School Production
- Commendations

Whole School Total



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EASTER SERVICE

On the last week of term Rev Trevor Wyatt, a Vicar of Christ Church Bexleyheath led our Easter Services. Rev Trevor gave an insightful and delightful service which you can read below.



In the Christian calendar we are still in the season of Lent. Lent runs for 40 days and is a time of preparation for Easter. Lent is a time of self-reflection and traditionally a time for “giving things up” and includes things like fasting which has similarities to what Muslims do in the month of Ramadan that is now underway. For Christians this coming Sunday is Palm Sunday when we celebrate Jesus triumphant arrival in Jerusalem riding on a donkey. On Maundy Thursday we remember the last Passover meal that Jesus had with his friends and how he washed his disciples feet demonstrating how we should serve and support one another with sacrificial love. Then on Good Friday or Holy Friday we remember that Jesus died a most cruel death by being nailed to a cross, and on the third day - Easter Sunday - we celebrate the resurrection of Jesus - the empty tomb, Jesus body could not be found, and the belief of the church that death could not hold him, and Jesus was alive. For Christian people Easter is a time for celebrating the triumph of life over death, and for remembering that even in the darkest of times, there is always hope for a brighter future.



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EASTER SERVICE

At the heart of Christian faith, these two things – death and new life – are held together in a creative tension and it speaks of a deeper truth that helps us flourish as human beings. Jane Fonda famously said in her exercise videos “No pain, no gain.” Wilfred Bion, a British psychoanalyst of the late 1960’s, thought a lot about how we grow our minds by learning through hard and difficult and painful experiences. He thought of this process as developing mental muscle. We grow and develop by engaging with the struggle. Whether it’s doing that Maths homework that we dread, or pushing ourselves and achieving a level of fitness so that we can excel in our favourite sport. No pain, no gain. Unfortunately there is no short cut to resurrection and new life. We have to go through the cross and through the struggle.

At this time of year in Spring, people of other religions also have their own traditions and celebrations that revolve around some of the themes that Christians remember at Easter.

In Hinduism, there is a festival called Holi, which celebrates the arrival of spring and the victory of good over evil. During this holiday, people throw coloured powders and water at each other, and they celebrate with feasting and dancing.

For Muslims we are now in Ramadan. During the entire month of Ramadan, Muslims fast every day from dawn to sunset. It is a time of spiritual discipline – contemplating one's relationship with God. The festival of Eid al-Fitr (It Al Fitter) marks the end of Ramadan, the Festival of the Breaking of the Fast, which is celebrated with prayer, feasting, and the exchange of gifts. It is a time for giving thanks for the blessings of life, and for reflecting on the importance of community and compassion.



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EASTER SERVICE

In Sikhism, there is a holiday known as Vaisakhi, (Versaaki) which celebrates the founding of the Khalsa, a Sikh warrior community. During this holiday, people gather to celebrate with music, dancing, and feasting. It is a time for reflecting on the importance of courage, sacrifice, and community. What do all of these different traditions have in common? They all celebrate the arrival of spring and the rebirth of life after a period of darkness. They remind us that even in the darkest of times, there is always hope for renewal and growth. We are in much need of renewal and hope and new beginnings in our world today.

So as we think about Easter, let us remember other ways in which people of many other faiths remember that even in the darkest of times, there is always hope for renewal and growth. For Christians it is a time for celebrating the triumph of life over death, and for remembering that even in the darkest of times, there is always hope for a brighter future and new beginnings. Our world is crying out for new hope, new life, new beginnings and there's a role for each and every one of us here this morning to make a difference ourselves and make a better world. Amen.

Rev Trevor Wyatt
Vicar of Christ Church Bexleyheath
March 2023



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BASKETBALL FUNDRAISER

£1 TO PLAY

BASKETBALL WEEK

**THIS IS WHAT BASKETBALL DREAMS ARE MADE OF.
DON'T MISS A MOMENT OF APRIL FUN & GAMES.**

**17-21
APRIL**

EVERYDAY IN SPORTS HALL
LUNCH TIME



*HOUSE BASKETBALL
STUDENT V TEACHER
SHOOTING GAMES
DRIBBLING RACES
AND MORE*



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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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COMPUTING NEWSLETTER

Congratulations to Beths computing society who have created a newsletter with all things technology and computing. The 1st edition of the newsletter is available here <https://www.beths.bexley.sch.uk/page/?title=CS+Uncovered%2D+Computing+newsletter&pid=413>

CS Uncovered

Tech news and reviews | Understanding the JS ecosystem

PREMIER EDITION

Cybersecurity | History of Javascript | Machine Learning
Competitive Programming | and more..

“ I've been teaching for about 15 years now and I still enjoy coming into school. I'm not fed up of my job. I enjoy teaching. ”

Exclusive Interview with Ms Aziz. Read more on page 21

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Machine Learning—An Introduction

Vasanth Subramanian

Overview

Machine learning is one of the most relevant up and coming topics in the world of computer science. It acts as one of the basic constructs for artificial intelligence and focuses on pattern recognition, statistics and training a program on test data, using which it 'learns' how to operate. It studies methods that leverage data to improve performance on a particular set of tasks.

Machine learning algorithms build a model based on sample data, known as training data, in order to make predictions or decisions without being explicitly programmed to do so. Machine learning algorithms are used in a wide variety of applications in the modern society, such as in medicine, email filtering, speech recognition, agriculture, and computer vision etc. It is especially useful for solving problems where it is difficult or unfeasible to develop conventional algorithms to perform the needed tasks, for example in facial recognition, where it is extremely complicated to make a very accurate program without using any machine learning methods. One of the newer implementations of machine learning uses data and neural networks which aims to mimic the working of a biological brain. It is also used across many business problems, where it is often referred to as predictive analytics.

A subset of machine learning is closely related to computational statistics, which focuses on making predictions using computers. It also includes the study of mathematical optimization and delivers methods, theory and application domains to machine learning. Data mining is a related field of study, focusing on exploratory data analysis through unsupervised learning. This article is designed to give a basic overview on the field of machine learning, and thus I would recommend researching these independently if they pique your interest.

Supervised learning

In this type of machine learning, data scientists supply algorithms with labeled training data and define the variables they want the algorithm to assess for correlations. Both the input and the output of the algorithm is specified.

Supervised learning algorithms are good for the following tasks:

- **Binary classification:** Dividing data into two categories.
- **Multi-class classification:** Choosing between more than two types of answers.
- **Regression modeling:** Predicting continuous values.
- **Ensembling:** Combining the predictions of multiple machine learning models to produce an accurate prediction.

CRACKME TUTORIAL

A tutorial on how to use the crackme software
Lukas Trakimas

Introduction

Reverse engineering is one of the hardest fields to get into regarding cyber security, as not only do you need to know about how certain programming languages work, but also be able to understand assembly code (to some extent). I'm going to be showing you the very basics of reverse engineering, by walking through how to crack a simple app that requires a serial key, and go over how you can make a quick keygen out of it as well.

Firstly, I must specify that the program we are going to is called a "CrackMe", which is essentially an application whose purpose is to be cracked, so everything demonstrated is perfectly legal as we have permission from the developer.

Upon opening the exe, a window with horrible UI appears, containing two input boxes. One box for username input, the other box for the serial key. If we were to input random characters into each box and press check, we get an error message appear in a separate message box.

First Steps

First we'll start by opening the program in a disassembler. Right now I'll be using a free and open source disassembler called x32dbg (note that x32dbg only works for 32-bit applications such as this one. To debug 64-bit programs you'd want to use x64dbg). We can open the program in the disassembler by simply dragging and dropping the exe onto x32dbg.

Once we do that, the screen will be completely filled with all sorts of things and look daunting at.

As you can see there's quite a lot going on, luckily for us most of what we need is just going to be in that middle window containing the assembly code for the program.

We want to find the bit of code that is responsible for checking our



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INCLUSIVE ZUMBA BEXLEY




Inclusive Zumba - Bexley

- Pan-disability inclusive Zumba for D/deaf and/or disabled and neurodivergent children and young people
- Sessions adapted to meet all needs
- We welcome parents/carers to also join in
- All abilities/disabilities welcome

- Where: St. Stephen's Church Hall, DA16 3QL
- When: Tuesdays
- Taster session Tuesday 28th March
- Time: 5pm - 6pm
- Age: 8 - 16
- Cost: Taster session free, £3 thereafter




Register here:

 <https://bit.ly/InclusiveZumba>
Or scan the QR code



For more information, please contact:

 020 7993 9883

 Disability.Inclusion@AccessSport.org.uk



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SPORTS FIXTURES AND RESULTS

Results for week commencing 24th March 2023

BASKETBALL					
24.03.23	Kent Schools Finals	U14A	V Hayes School	Northfleet Technology College	Lost 68 - 64
24.03.23	Kent Schools Finals	U12A	V Ravens Wood School	Northfleet Technology College	Won 46 - 42
28.03.23	Kent Schools Finals	U13A	V Langley Park School for Boys	Northfleet Technology College	Won 67 - 54
28.03.23	Kent Schools Finals	U17A	V Northfleet Technology College	Away	Lost 50 - 59
28.03.23	Kent Schools Finals	U18A	V Gravesend Grammar	Northfleet Technology College	Lost 57 - 73



*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	
	French Club EVEN WEEK S19 Ms James Spanish Club EVEN WEEK S16 Ms Bridge Reading Club EVEN WEEK B5 Ms Monteith U14 Basketball Sports Hall Year 8 Rugby Field	LGBTQ+ Society S18 Mr Stein Drama Club P3 Ms Monteith Year 7 Basketball	Eco Club ODD WEEK A4 Mr Glendinning Humanities club EVEN WEEK M2 Ms Palmer Music Appreciation 12:15-12:45pm P2 Y8 Dungeons and Dragons DandT Hub Ms Commerford Collegium Antiquum 12.15 start S19 Mr Simpson	Connect Club EVEN WEEK B4 Ms Takeda KS3 Badminton Sports Hall	DT Club A9 Mr Knott Manga Club ODD WEEK B4 Ms Takeda* Animation Club A3 Ms Twinem Creative Writing ODD WEEK B2 Lady Irving-Gale Music Support Session 12:00-12:45pm P2
Lunch	Run Club School Field Mr Walter Beths Youth Band 3:40-4:45 P1 ** Group Piano lessons 3:30-4:30 P2 Year 7 Rugby Field	Memrise Clinic S16 Ms Bridge Music Enrichment - Audition only Orchestra 3:40-4:45pm in the Main School Hall Year 8 Rugby Field Year 9 Rugby Field	Theatre Production 3.45-4.30 P3 Ms Grady* Year 7 Football Field ** Violin Club: 3:30-4:00 beginners; 4:00-4:30 intermediate in P2	Warhammer S1 (3.40 start) Mr Turnbull Beths Singers 3:40-4:45pm P1 Year 9 Football Field U14 Basketball Sports Hall	U13 Basketball Sports Hall Beths Big Band 3:40-4:45pm P2
After School	STEM Club Y7 S12 Ms Sarker				

KS4 Clubs

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

CLUBS AND EXTRA CURRICULAR ACTIVITIES

KS5 Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 8.30am				Gym Club (Max 15 people) - Weights Room Mr Webb	
	<p>Tap and Rap 1:10-1:45pm - P1 Ms Marriott</p> <p>History Club (EVEN WEE) - M5</p> <p>Chess Club - A2 Mr Healy</p> <p>Muslim Prayer group- C3 Mr Ahmed</p> <p>KSS Chemistry Club - S8</p> <p>KSS Physics Olympiad Club - S1</p> <p>Gender Equality Society - A7B Ms Ewing</p>	<p>Philosophy Society (ODD WEEK) - M2 Ms May and Ms Moffat</p> <p>Muslim Prayer group - C3 Mr Ahmed</p> <p>Computer Science interview prep - S1 Mr Beaney</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>KSS 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 Marriott</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 1-1.30pm</p>
Lunchtime					
			<p>Music Technology Club Venue TBC Ms Marriott</p> <p>1st XI Football PE</p> <p>2nd XI Football PE</p> <p>6th Form Basketball Sports Hall PE</p> <p>6th Form Girls Football PE</p> <p>** Violin Club: 3:30-4:00 beginners; 4:00-4:30 intermediate in P2 Ms Marriott</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>
After School/ Wednesday P3	<p>** Group Piano lessons 3:30-4:30 P2</p> <p>Engineering A6 Mr Morgan</p>	<p>Girls Rugby Field Ms Ewing</p> <p>Orchestra 3:40-4:45pm in the Main School Hall 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 issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10–15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.oas.gov.uk/people/population-and-community/crime-and-justice/bulletin/childrens-online-behaviour-england-and-wales-year-ending-march-2020>

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