

BETHS VIP

Excellence - Community - Respect - Nurture

MESSAGE FROM THE HEADTEACHER



Dear Parents, Carers,

We returned from our half term break on Tuesday to sad news which was communicated home. I am both grateful and proud of our staff and students for checking in and supporting each other. Thank you for your kind comments and support also.

Last term we hosted our Year 6 Open Events, welcoming over 400 families to see our school community in action. This term we will be showing prospective sixth form students around the site, during mornings and afternoons, which will run until the end of January.

There will be an information evening for our internal Year 11 students on Thursday 10th November. A letter has been sent home regarding this.

It's great to see a number of student participating in the extra-curricular clubs and one which might be an interesting read for you, is our Eco Club, who have been looking at ways to save on the energy costs. They have written an article in this VIP.

We are aware of a train strike planned for next week Monday and Wednesday. Please see the message sent via school comms today, if this might affect your child.

**Best wishes,
Richard Blyghton**

KS3 ECO CLUB

This week during KS3 Eco - Club, students came up with cost saving tips to help heat our homes this winter as the temperature drops.

04/11/22

Saving energy

With the Russo-Ukrainian war going on right now, prices for electricity are rocketing sky-high. However, KS3 Eco- Club is going to help you with some useful tips.



Here's how to save money and the environment whilst staying warm this winter:

- Replace your incandescent bulbs with LED bulbs!

➤ Incandescent lightbulbs release as little as 5% of their energy as visible light. Most of the energy is released as heat. This means that when you use these to light your homes, you are wasting up to 95% of your energy!

LED bulbs use 80-90% less energy and are but a fraction of the cost of an incandescent bulb.

https://www.flatcon.com/free-icons/light-bulbs_2779262



60w Bc Gls Pearl Bulb, Pack of 10

£18.25
[Amazon.co.uk](https://www.amazon.co.uk)



LED GU10 Light Bulb Warm White 3000K, 50W...
£7.90
[Amazon.co.uk](https://www.amazon.co.uk)

£1.83 a bulb

| £1.58 a bulb



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KS3 ECO CLUB

04/11/22

Turn lights off when you leave a room.

- A study by Utility Design, which is a furniture and homeware retailer, has shown that Brits waste a collective £4.4 billion every single year by leaving lights on at home – enough to install a solar panel on 260,000 homes or the number of houses in Vermont, USA in 2016.
- Around 21% of Brits admit to leaving lights on when leaving the house which produces enough carbon emissions to match 45 flights around the world.



WHILST IN THE HOUSE

1.5 million people admit to leaving the lights on when NOT in the room at home, which equates to:

- 🕒 Daily average cost per user - £2.30
- 📅 Monthly average cost per user - £69.91
- 📅 Yearly average cost per user - £838.96
- 💰 Total money wasted in the UK per day - £14,955,000
- 🏠 Carbon dioxide emissions per day - 35,440,000 kg
- ✈️ These emissions equate to 42 flights around the world

▪ Turn off the radiator, and layer up!

- While your radiator may keep your house warm and toasty, it can be expensive! With a radiator using 2 kilowatt-hours to run for an hour, it costs 68p an hour – which adds up fast. The average home in the UK will heat their home for 8 hours a day in the winter. This means that over the course of the season, a UK household will have to pay £489.60, or the equivalent of buying a PS5 every year. Perhaps you can decide to wear some extra layers and buy an actual PS5.

▪ Thank you for reading this Eco-Bite!

- This was made by:
 - Gabriel 8W
 - Mattieu 8W
 - Eden 9H



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KS3 DRAMA CLUB

During KS3 drama club, students had the opportunity to practice drama techniques such as physical theatre in preparation for their show next year. We look forward to seeing all the wonderful work they come up with!



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BEXLEY YOUTHFEST

On 11th November, Bexley Council will be holding a Youthfest to celebrate National Youth Work Week at Welling Youth Centre. It will feature a range of performances, workshops, food and much much more!



LONDON BOROUGH OF BEXLEY
www.bexley.gov.uk

Youthfest

A FESTIVAL OF YOUTH WORK

Celebrating National Youth Work Week
Presented by Bexley Targeted Youth Service "Youth Fest"

Featuring:

- Live musical performances by young people
- Dance performances
- Spoken word workshop
- Non-Alcoholic cocktail bar
- BBQ food
- Arts and Crafts
- Face painting – At parent's discretion

Please make youth workers aware of any allergies/special needs on arrival

If interested in performing contact jane.goodrich@bexley.gov.uk



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FAMILY EMOTIONAL HEALTH

Bexley's Family Emotional Health – Opening Doors For Parents event will be on the 29 November 2022. It will be a market stall type event where parents can attend and find out about the services within Bexley who might be able to help support with emotional health issues within their families.



Family Emotional Health – Opening Doors For Parents

Geddes Community Hall, DA6 7DJ

(just behind Bexley Clocktower)

Tuesday 29th November 2022

10-1pm

A brilliant opportunity to find out about the range of help and advice available in Bexley for your family!

Ask questions, meet other parents and get relevant, local information

Helping low mood

Boosting self-confidence

Establishing healthy relationships

Calming teenagers

Isolation

Building strength

Friendship worries

Understanding your child's goals

Plus!

11-11.45am Yoga and Stretch

A no-stress and completely inclusive session to help boost mood

Organised by FLARE, Bexley's parent group designed to connect local parents with each other, and local help and advice.

Email: flare@bexleymoorings.co.uk for more information



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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	
Lunch	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
After School	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 STEM Club Y7 S12 Ms Sarker	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

KS4 Clubs

Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
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	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	Psychology Club MCC Mr Walsh and Ms Moffat Debating Club M4 Mr Chamberlain	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
After School	Year 10 Rugby Field ** Group Piano lessons 3:30-4:30 P2	Orchestra 3:40-4:45pm in the Main School Hall	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	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	
Lunchtime	<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>
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>	<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>



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SPORTS FIXTURES AND RESULTS

Results for week commencing 31st October

FOOTBALL					
01.11.22	ESFA Rd 2	U14A	V Harris Academy Wimbledon	Home	Harris Conceded
02.11.22	Kent League	2 nd XI	V Christ the King: St Mary's	Away	Won 0- 4
03.11.22	Area Cup	U12B	V Bexley Grammar	Away	Lost 3 – 2



Fixtures for week commencing 7th November

FOOTBALL					
07.11.22	KSFA Rd 2	U14A	V Tunbridge Wells Grammar School for Boys	Away	KO 1:45pm
08.11.22	ESFA Rd 2	U16A	V Hurstmere Foundation for Boys	Home	KO 2:45pm
08.11.22	ESFA Rd 2	U12B	V Ravens Wood School	Away	KO 3:30pm
09.11.22	ESFA Rd 3	1 st XI	V Forest School	Home	KO 2pm
09.11.22	KSFA QF	U13B	V Radnor House Sevenoaks	Away	KO 2:45pm
10.11.22	ESFA Rd 2	U14B	V King Henry	Away	KO 4pm
11.11.22	ESFA Rd 2	U14A	V The Kingston Academy	Away	KO 2pm
RUGBY					
07.11.22	Friendly	U13A	V St Olave's Grammar	Home	KO 2:15pm
10.11.22	Friendly	U15A	V St Olave's Grammar	Home	KO 2:15pm
BASKETBALL					
07.11.22	National Cup	U16A	V Chadwell Heath Academy	Home	Tip off 4pm
10.11.22	National Cup	U14A	V The City Academy, Hackney	Home	Tip off 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)

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

AMIGO

Amigo is a social platform which purports to connect strangers from around the world – and, with built-in translation software, it reduces the expected language barriers. Focusing heavily on one-to-one chat, video calls and live streams, Amigo encourages its users to build up online relationships and unlock exclusive features such as private video and audio calls: essentially, the more that people chat, the more functions become available to them. This is an app designed with mature users very much in mind and is therefore definitely not recommended for children.

AGE RATING

18

WHAT ARE THE RISKS?

ONE-TO-ONE COMMUNICATION

While online chats and livestreaming are a great way to communicate with people that children can trust (such as friends and family), Amigo encourages users to connect with complete strangers and develop a friendship through private chats, calls and videos. This will be a clear red flag for most parents, due to the possibility of a child encountering inappropriate content or an online predator.

INAPPROPRIATE CONTACT

Within minutes of signing up for our trial of Amigo (and without using a profile photo), users of the opposite sex were messaging with suggestive statements such as "You're just my type" and "Let's have fun". While the app's stated intent is to help people build friendships, some users obviously seek to take those relationships in a more mature and amorous direction.

MEMBERSHIP COSTS

Like many apps that are free to download, Amigo's business model is centred on in-app purchases. Users are encouraged to pay for VIP membership – enabling them to send more messages each day and boosting their profile's visibility. People can also buy coins (again, for real money) which allow them to send virtual gifts and further increase the number of messages they can send daily.

LACK OF AGE VERIFICATION

Amigo makes no secret of the fact that it's for people aged 18 or above. There's no age verification, however, so a young person could simply sign up under a false date of birth. The app's algorithm claims to match users of similar ages (making them more compatible), but either the algorithm isn't very reliable, or most users have entered a fake age which doesn't correspond with their profile pic.

REWARDS FOR REPEATED USE

Amigo gifts virtual coins to users if they reply to messages within 10 seconds, while there are also daily rewards for posting comments, sharing a video, getting likes or simply opening the app. It also encourages increasing "Intimacy Levels" with other users to unlock extra features: once someone's online "friendship" reaches Intimacy Level 3, they can hold one-to-one video calls with each other.

Advice for Parents & Carers

MONITOR DOWNLOADS

As well as frequent catch-ups with your child about what they've enjoyed doing online, you could consider taking the additional step of physically checking their phone every so often to see which apps they've installed. The safest option could be to enable 'ask to buy' (Apple) or 'purchase approvals' (Android) on their device, meaning your authorisation is needed to download any apps.

BLOCK, REPORT, DISCUSS

Many children already know that connecting with strangers online is dangerous, but it never hurts to refresh their memory. Whatever communication apps your child uses, make sure they're fully aware that if anything online makes them feel uncomfortable, scared or upset, then they can block the user responsible, report the content, take a screenshot as evidence and come to tell you straight away.

RESPECT AGE RESTRICTIONS

Apps have age restrictions for a reason, and Amigo is very definitely a mature content platform. Given that many of Amigo's users apparently use a bogus date of birth, you might want to remind your child about the implications of setting up a fake profile – such as being exposed to messages and videos that make them feel uncomfortable or feeling pressured into chatting with strangers.

ACTIVE LISTENING

If your child does approach you with a concern, make time to stop what you're doing and actively listen. Let them talk without interrupting or showing any judgement, then discuss their options and the possible solutions: this empowers them and reassures them that you're there to be supportive. If the issue is one that has put your child at risk, however, you may wish to contact the police.

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

www.nationalonlinesafety.com

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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: 02.11.2022



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BETHS PARENTS ASSOCIATION

1. Latest Parents' Association events

Beths PA members are working together on the next fundraising projects and more than ever innovative ways to raise much needed funds for the school

Beths Grammar School Parents Association Christmas Tree Scheme



The PA is launching a new festive fundraising activity - Beths Christmas Tree Sale! Spread the word and let your family and friends know about this great event.

Why not order your Christmas tree from Beths Parents Association and raise money for the students? There are five tree options and prices to choose from,

ranging from £29.25 (3- 4ft) to £53.50 (premium grade 7-8ft tree). Collection of your tree(s) from the school on Thursday 1st December 2022 from 4pm to 7pm. Please contact Beths PA for further details: beths.parents.association@gmail.com



In the meantime, Beths PA is looking for:

- Vice Chair
- Members to manage the PA's social media communication as Irene Obaseki the PA's previous Vice chair has brought her fantastic skills and tech knowledge to give Beths PA a voice. Thank you, Irene,



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BETHS PARENTS ASSOCIATION

1. PA's ongoing fundraising campaigns



Thank you to all families who are generously supporting the PA by buying tickets. Many are getting their families and friends actively involved!

This is a simple way that not only supports our fund raising but also gives you the chance to win either a £20 or £10 monthly prize. To purchase your lucky numbers please complete the enclosed form and return it to the school office. Each number costs only £7, payable via the link below:

<https://checkout.square.site/merchant/MLJBMNWTMAZ24/checkout/QU7DMNSRYWZOIBWFUXH72VOH> or scan below QR code:



Or via school's Parent Pay system when your son starts in year 7, which allow entry for the 12 monthly and 4 quarterly draws. The winning numbers are randomly drawn at the monthly PA meeting.

Please register now by completing the form available on Beths Parents Association web page: Beths Grammar School - Parents Association or simply contact us on:

beths.parents.association@gmail.com

3. Match Funding can help raise Thousands of Pounds

Let's generate even MORE funds for Beths Parents Association by applying Match Funding Scheme.

65% of large companies have a match funding policy. Follow these steps to find out!



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1. Employers such as banks (Barclays...) are willing to support their employees in their charitable work by matching pound - for - pound anything employees raise for beneficial causes within certain rules
2. Raise money for our school by checking with your company if they do match funding either:
3. Contact us and we will provide you with a letter evidencing your great involvement in our events with the amount raised.

4. Amazon Smile & Easyfundraising: Help us raise more funds while you do your shopping



Raise even more funds and set up a challenge with your family and friends by asking them to select Beths Parents Association on AmazonSmile:

Please go to smile.amazon.co.uk and search for Beths Parents' Association. You need to start each of your shopping sessions at the URL smile.amazon.co.uk.

If you shop elsewhere online, please join Easyfundraising. Again, it costs nothing to you and Beths PA will automatically receive a donation.

You can sign up at www.easyfundraising.org.uk/BethsPA and we will receive a donation anytime you shop.



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BETHS PARENTS ASSOCIATION

5. Cash donations in collection buckets

Throughout the year, Beths Parents' Association works closely with school to raise funds for several requests such as:

- Books and equipment for the new library
- PE rugby junior size tops
- Sports awards trophies
- Basketball electronic scoreboard
- Ongoing projects



so please donate via this QR code or by following this link:

<https://cafdonate.cafonline.org/21025>

6. Reuse, Reduce, Recycle Scheme: PA's new 3Rs scheme



BETHS PA
NEARLY NEW UNIFORM SHOP



Price List:	
Blazers	£10
Trousers	£3
Jumpers	£3
PE Shorts	£5
Tracksuit Bottoms	£5
Tracksuit Top	£5
Long Sleeve Games top	£5
Short Sleeve Games top	£5
House colour PE top	£5
White shirts	£3 New £5
House Tie	£1

Uniform Donations are very welcome.
Please contact for donations and purchases:
beths.parents.association@gmail.com

PA Uniform Shop - We are selling these items, please email the PA via: beths.parents.association@gmail.com.

Simply drop them off at the School Reception!



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BETHS PARENTS ASSOCIATION

Friends and Sponsors of Beths Parents Associations

Why not become a Sponsor by making a donation and having your business logo published on our pages!

Please contact us for more details:
beths.parents.association@gmail.com
THANK YOU!

Important dates

Next PA meeting: Tuesday 8th November 2022 at 7:30pm (Teams)

Beths PA Christmas Tree Sale: Thursday 1st December 2022, 4-7pm
at Beths Grammar School

Uniform Sale and Quiz Night: TBC

Please keep checking on our website and social media pages
for upcoming events



beths.parents.association@gmail.com



[Beths Parents Association](https://www.bethsparentsassociation.com)



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