



BEST OF THE BETHS

OPTIONS:

How to choose them?

THE

METaverse:

What will happen?

RETURN

of your favourite
newsletter

February 2022





BEST OF THE BETHS

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Book Reviews

Over the course of this year, and thanks in part to the dreary lockdowns that dominated it, many students have taken up reading to fill in the time they spent at home. Here are some of the reviews for the books they read during this time:

The Art of War by Sun Tzu

Ayoola 10B says this book is “full of useful teachings”.

“I can’t really rate this book based on plot given that there isn’t any, but I can recommend it to like minded people who want to be successful. Don’t be misled by the title: there is a lot to learn from this book that you can apply to daily life, sports situations, and other scenarios. One of the best things about this book is the facts, but also its openness to interpretation. One passage may not mean the same thing to me as it does to you.

My only criticism is since this book is age old (dated to around the 5th century BC), its language is sometimes hard to understand. When I read the book, I read it in 2 translations – one was a more direct translation, the other a more understandable translation. I would recommend this way to somebody who wanted to read it as it helped me to understand better and pick up things I might have missed out the first time.”

Hunger Games by S. Collins

Jayden 10H says this “is a fantastic book”

“I adore this book, and while reading, I honestly struggled to find anything to critique about it whatsoever. I’ve read this book multi-

times, and what I've come to really appreciate is that each time I re-read it, I notice smaller details that previously slipped past me. The pace of the plot is perfect – I never feel as though I'm being overwhelmed by numerous events happening simultaneously and similarly, I never feel as though there is too little going on. Tension is built up skilfully and any readers of the whole series will know that the tension built up in the first instalment isn't truly relieved until the very end of the series, if at all. There is a reason this book is the face of the dystopian genre, and I would seriously recommend this book to anyone as an introduction into the genre.”

Salem's Lot by Stephen King

Thomas 8B says “Stephen King takes time to carefully introduce the characters and concepts throughout the book”.

Overall, I absolutely adore this book. Salem's Lot is an incredibly slow burn, however I found that the first couple of hundred pages were still very fun to read. Stephen King takes time to carefully introduce the characters and concepts throughout the book, which I think pays off later in the book when each character ends their story arc. For me some scenes were very eerie and scary, but all were incredibly interesting. I would highly recommend anyone to read this book.

For more of these reviews, visit the “Beths Reads: KS3/4 book group”



Beths Reads: KS4 Book Group



Beths Reads: KS3 Book Group

How To Choose Your Options

Whether you are in KS3 or KS4 or even going on to university, you will need to pick subjects at some point to sit an examination. A-levels and GCSES can be some of the most interesting times of your lives and you can make it even more interesting by picking the right subjects. Although it may not seem important, it can play a big role in future courses and jobs. Don't worry though, I have the best guide for picking your subjects, so that you can reach your potential.

What are your options?

At Beths, you must take higher papers. The core subjects are Chemistry, Physics, Biology, Maths, English Literature and English Language. As well as this you can add 4 subjects of your choice. At GCSE the school offers: Art & Design, Business, Chinese Mandarin, Computing, Design Technology, Drama, Economics, Electronics, French, Geography, German, History, Italian, Latin, Music, Photography, Physical Education, Religious Studies, Spanish, Sociology, Statistics. Although subjects may change every year due to low amounts of subscription, this is rare, so don't let this deter you from picking a subject you enjoy. Also don't worry too much about oversubscription, as the staff work hard to give everyone their desired subjects. You will also still do Games and PSCHE. although you are not examined on these.

What do you like?

First things first. It is crucial to pick subjects you enjoy. People who do subjects they like are more likely to do better in their courses. When it comes to choosing subjects,

How To Choose Your Options

you should evaluate your attitude towards the lesson. There are different signs that show you have an interest in the subject such as: you look forward to lessons; you help others in lessons; you contribute a lot in lesson; 1s and 2s on report; you put extra effort put in the lessons; you like to talk about the subject etc.. However, don't pick a subject because of the teacher being good or bad because the chances are, you may not have that teacher again and you may grow to like that subject incredibly. Also make sure your friends are not a deciding factor. At GCSE and A-Level you will meet people with similar goals and interests, which will increase your productivity getting you better grades.

What are you good at?

Its common sense to do subjects you are good, in order to achieve good grades. The first thing to do is to think about your tests and homework. Is the work hard? Are you putting enough effort in? Are your results reproducible? If not but you still want to go ahead don't worry. Then you can look at your report as is an accurate source of your achievement and attainment. Communicate with your teachers, they know a lot about the subject and will be able to help. There are no easy GCSES so it is not a good idea to do something because you feel it will be easy to get good grades. Even your best subjects need maximum effort.

Further advice

Some people have an idea of what they want to do in the future.

How To Choose Your Options

Certain subjects are needed to go and study them in higher education. There are different websites you can research on. University websites or even kudos. If you check your school email. (1xx-xxxxx@beths.bexley.sch.uk) and search kudos. You should have your login details the school has given you. Kudos is great because it asks you questions to get to know you more and helps you decide your academic interests. If you are not sure what you want to do in the future, then there is an option at GCSE to do the EBACC. This is a system where you pick a MFL and geography or history. This widens your choices if you are not sure what you want to do when you are older. In some schools EBACC is required, however at Beth's you can pick 4 of your own subjects. It is important to do what you want to do. Although they may be your biggest source of inspiration, don't do something that your parents want you to, and you don't. It will only lead to bad grades and a hatred of the subject if you are uninterested. Remember you can't change it so be wise.

Sites to help you:

<https://www.ucas.com/>

<https://www.bbc.co.uk/bitesize/careers>

<https://kudos.cascaid.co.uk/#/>

<https://www.prospects.ac.uk/>



Global News Best Picks

Afghanistan health system on brink of collapse and Taliban

Extensive areas of Afghanistan will suffer from a debacle in the health system due to western sanctions on Taliban. The ascending chance of outbreaks of diseases and malnutrition crisis will extend to a road to economic collapse. Wages have not been met and lack of basic equipment will topple the country to added famine. Primitive items like fuel, drugs, hygiene products and even colostomy bags are inadequate in proportion to the quantity needed. The winter is at their doorstep, and Humanitarian organizations have predicted a starve to come about Afghanistan, not only food shortages, but a lack in services mainly in medical will likely be components causing the death of many. However, unfortunately, the shortages in medical services and food aren't the worst of Afghanistan's problems. The Taliban with full grip over its country, are terrorizing the citizens at unprecedented rates. The Taliban have been beheading people, hunting, chasing citizens door to door, with further acts of terrorism.

Half of UK families left worse off since 2019

The poorest half of the population, in the UK, have been left with incomes, narrowed by £110 since 2019. The incomes in areas like London have risen over 5 times faster, than those in the North East. This pushes the urge to ask the question, has the government's "levelling up" policy, aiming to improve standard of living and productivity, been a successful method, to better the current situation and future journey for the UK? The department for levelling up said: "We're providing record investment in infrastructure worth over £96Bn, £12Bn in affordable housing and a £2.6Bn in a Shared Prosperity Fund to help rebalance opportunity work across the UK.. They also state they are widening the access to new jobs, and building on this with a £200m boost to communities across, to help build skills.

The single parents were the worst amongst the many to be affected. Regions like Yorkshire, Merseyside and Humber have experienced a fall in their incomes by about 15 times as much as those in London. The additional pressure coming from fuel and heating costs and taxes, will sum to a national struggle. In response to this, the people realise the benefits and opening of available data the government is trying to unlock for the public. Whether it works to help people in hardship, giving cold weather payments, warm homes discount or money for pensioners, many sources predict prices to rise, increasing the threat of a rise in interest rates. This will be detrimental to families who have already suffered. The ongoing labour shortage will boost the price rise of items/goods and services and problems with the supply chain via not enough HGV (heavy goods vehicle) drivers. This will put the economic and social stability at risk. Businesses will have to cut jobs to conserve their investments in their operation process, and must take a hit to their total revenues.

What is the UK's Inflation rate?

The UK inflation is increasing at an unparalleled rate, with the cost of living heading towards +5%. Inflation is currently well above the Bank of England's 2% target, at around 3.1% currently. There's an expectation for it to rise to a potential 5% rate by April. Furthermore, energy bills have risen by an extra £60 a month. This will rise in utility bills will lead a lot of families into debt. Something like the occasional entertainment from the cinema, must now be taken with an austere financial consideration. Predictions point to an April chaos, where bills will rise sharply, when the full effect of the spike in the energy bill will take full ramification.



Interview with Ms Brett-Smith

Why is mental health so important?

Mental health is one of the cornerstones of our overall health and wellbeing. And so, if we have good wellbeing/ mental health we are engaged with the world around us, we have good relationships, our mood is good, we feel motivated, we feel confident, we feel resilient. So, for example, if we have any kind of knocks or disappointments, we can pick ourselves up and get going again. Without those things, life is very dull and unfulfilled. We don't thrive, nor do we achieve.

What are wellbeing champions?

[Wellbeing Champions] are students that have volunteered and received training to be visible around the school for two reasons. One is to support other students with their mental health. Secondly, they help with the events and assemblies that we hold to celebrate mental health days. The wellbeing champions have come forward to help remove any stigma towards mental health and simultaneously try to raise awareness. Also, we recognise it's not always comfortable for students to approach an adult about any mental health concerns they have. (Students) might feel a little bit awkward or shy when talking to their form tutor, head of year (HOY) or even me about how they're feeling. What we wanted to do was have some students in the school that they could approach if they didn't feel like talking with an adult. Sometimes, it may even be better advice than mine or your HOY as they have gone through it more recently so they're better able to give advice, in many cases, than an adult. But all in all, it gives students who feel a little shy about talking to teachers a first port of call” .



Who should I speak to about my mental health without others knowing?

Come see me. That would be the best thing as the counselling at Beths is completely confidential. Teachers are very discrete, and they would never be chatting in the staffroom about why a particular student wants to come and access the counselling service. But there is always the knowledge that you have shared it with your form tutor. If you want to shortcut the system, then come directly to me. It's completely confidential. However, there are 3 exceptions to that. Those exceptions are; if I feel you can't keep yourself safe, somebody else in your life is not safe or there are certain illegal acts that are going to take place. In those 3 circumstances, I must share information with the safeguarding team as their job is to keep everybody in the school safe. But as long as those 3 exceptions don't exist, then everything we talk about in a counselling session is completely confidential. You can come see me in C2 on Wednesdays, Thursdays and Fridays”

How can I improve the mental health of others?

“Keep an eye on your friendship group. Who's suddenly not come down to play football on the hardcourts? Who's suddenly stopped playing online? Who's suddenly stopped talking/communicating? Those are big red flags. It may be for a totally unrelated reason. There are many rational explanations to why they've changed their behaviour. But I think the best thing you can do is just notice the changes of behaviour and say to them, 'I noticed you stopped playing football (for example), is everything OK?' Just let them know that you have noticed and ask them. Maybe the first time you ask they simple reply “I'm fine” but at the third or fourth time they might feel comfortable to share their feelings with you. “

Some helpful links:

<https://www.beths.bexley.sch.uk/page/?title=Students&pid=220>

<https://www.kooth.com/>

<https://www.childline.org.uk/>

TECHNOLOGICAL TELEGRAM

The Metaverse

The “Metaverse”, according to tech CEOs like Mark Zuckerberg and Satya Nadella, is the internet's future. It might be a video game? Maybe it's a more obnoxious, unsettling version of Zoom? It's difficult to say. However, what we do know is entrepreneurs like Mark Zuckerberg and Elon Musk are developing new visual technology that exceeds that of simple virtual reality. It is described as **mixed reality**, a mix between virtual reality and augmented reality, and could simulate almost every aspect of our lives. The Metaverse will provide an experience in which people can: hold meetings, attend parties, converse with peers and colleagues, play games and many more, all in virtual reality.

Essentially, the metaverse is an attempt to recreate our world into virtual reality, and large companies such as: Meta Inc, Tesla, Sony and Roblox are rushing to try and innovate and create this virtual universe. Some suggest it's our “future”, while some people suggest it's a “danger” ... What do you think?

The rise of 5G

5G is the successor to the acclaimed 4G, and is said to be a powerful connection, which provides multiple perks such as: higher download speeds, great bandwidth and improved quality of Internet.

Nevertheless, as it develops into a new technological breakthrough, concerns do eventually rise including security risk, aviation signal interference and possible radiation damage.

Despite this, 5G is one of the greatest technological advancements of our time and could help strengthen connection for many years to come. It will be interesting to see how it can develop in the foreseeable future.

RELEASE OF: WINTER 2022

Here is a list of some of the most anticipated video game titles releasing early this year:

January 2022

Pokémon Legends
God of War (PC)
Yu-Gi-Oh! Master Duel
Rainbow Six Extraction
Monster Hunters Rise
Uncharted: Legacy of Thieves
Expeditions: Rome

February 2022

Kingdom Hearts III
Total War: Warhammer III
Destiny 2: The Witch Queen
CrossfireX
Dying Light 2
Edge of Eternity
King of Fighters XV

Artificial Intelligence

With the rise of technology in the 20th century, comes a large acceleration in the development of robotics and intelligence. There is possibly no telling what 2022 holds, however 2021 certainly provided us with some interesting developments.

This includes: Honda and Toyota, both Japanese companies currently competing to become the first one to produce self-driving cars; and Japan's AI peacekeeping robot “Cocobo”.

House Events

Welcome to the house sports section. Due to Covid and exams, our house sports in our Games sessions have been on and off, leading to the incompleteness of numerous events. But alas, we have still been able to participate in a few of our events and can look forward to the finals between both the winners from each of the split forms for Games.

Though we have tons of House Events to look forward to this year even if sports aren't your 'forte', you can still perform for your house by excelling in other events in Geography with things like map quizzes; in English with spelling bees; in Computer Science and Maths with the national challenges and even Gaming with house e-sports competitions. If there is something you enjoy, you can compete in it and win points for your house. So, if you're interested, get in touch with the head of department and get involved!

For year 10, in particular, some house sports have already begun, one of them being House Basketball. In the Eardley-Hurst-Wickham side, Hurst dominates the event with a 100% win rate against all of its competitors, and we expect to see a similar performance in the following weeks. In the Abbey-Brampton-Cray side of the year group, a similar turn of events occurs. Brampton has a 100% win rate against Cray and Abby, with 10 – 2 against Abby and 16 – 6 against Cray, in the first week.

Thank you for reading. In the next issue, there will be a full review with all of the teams across the year, recounting accumulated wins and the grand champion of the year group. Furthermore, reporting on the other years would be incredibly interesting too, so please feel free to contact the newsletter if you wish to get involved.



Beths Word Search

R	O	T	I	O	K	R	O	W	M	A	E	T	N
A	W	G	S	C	H	O	O	L	M	I	E	E	Y
M	T	A	L	E	N	T	R	G	O	L	E	T	T
M	S	E	U	U	S	E	U	L	A	V	S	T	G
A	E	O	M	C	O	M	M	U	N	I	T	Y	N
R	A	E	H	S	E	R	B	E	T	H	S	G	I
G	A	T	T	T	O	E	R	U	T	R	U	N	E
O	I	E	C	N	E	L	L	E	C	X	E	I	B
V	O	P	P	O	R	T	U	N	I	T	Y	N	L
O	U	T	S	T	A	N	D	I	N	G	M	R	L
T	E	T	N	E	M	E	V	E	I	H	C	A	E
Y	T	I	R	G	E	T	N	I	T	H	N	E	W
M	E	N	T	A	L	H	E	A	L	T	H	L	L
T	A	T	L	T	C	E	P	S	E	R	I	G	E

Beths	Outstanding	Ethos	Talent	Community
Grammar	Opportunity	Teamwork	Mental Health	Integrity
Nurture	School	Achievement	Values	Wellbeing
Respect	Excellence	Learning		



BEST OF THE BETHS

Notes from the Team

Thank you so much for reading this edition. We have thoroughly enjoyed putting this together for February. We would like to know what the team could improve on for the next publications. What did you like? What didn't you like? Is there anything else that we should include?

Any feedback would be incredibly useful. If you do have feedback, please send us an email to msstevens@beths.bexley.sch.uk or let one of the news reporters know.

Thank you for reading!