



Best of the Beths

July Edition



BEST OF THE BETHS

For the students by the students.

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Henry Clark: from Beths to the Daily Mail

I was fortunate to be in a position where I knew which direction I wanted my career to go in from a young age. Well, only after I realised I was never going to make it as a professional sports person.

Instead, I found something I was passionate about and ran with it. I knew that I needed to stand out from the crowd - the media is one of the toughest industries to get into, after all. That realisation was the catalyst for me to setup my own blog. It was free, basic and, to be honest, not very good.

But it was a starting point and a place for me to improve as a journalist in my own time, away from the essay writing skills which are demanded by our education system.

Those foundations enabled me to source some work experience placements which are without doubt the most invaluable part of a CV. If you've got relevant experience, even at the most basic level, straight away you go to the top of the pile.

I had the opportunity to work for Sky Sports News at their studio in London, Wisden during the Cricket World Cup and the Olympic Park press office during the athletics World Championships. I also became the lead match reporter for Dartford FC and took over communications for my local cricket club, gaining invaluable skills at an early age.

Even after progressing onto my degree at the University of Sheffield (and during the dreaded Covid) I managed to find ways to do freelance work for regional and local publications. All unpaid but the real value was the experience.

After making a contact at the Daily Mail Sport, I came in for a couple of weeks at different points throughout 2022. They didn't give me masses of work to do, but what they did give me I tried to absolutely nail and prove my ability. I said yes to everything, even when I wasn't sure exactly what to do.



Henry Clark: from Beths to the Daily Mail

They were happy with my work (I think!) but said there was no opportunity at present. Then, just as I was beginning to panic about finding a job once I graduated this summer, I received a call to say the Mail and Mail on Sunday sports desk would be interested in me working for them. My job role is incredibly fluid and I get to do a bit of everything - a fantastic grounding and at a national newspaper too.

I'm now a few months of late night finishes down the line and feel incredibly fortunate to be doing a job I love day in, day out. I know there's still a long way to go for me in my career and I have promised myself to work just as hard to get there as I did to this point.

But I hope it just goes to show how, alongside an incredible education you will get at a great school like Beths or a degree from a top university like Sheffield, it can be what you do away from the classroom that can make all the difference. Pursuing an interest outside of classroom hours doesn't have to feel like a chore either - as the old saying goes, once you find something you'll love, you'll never work a day in your life.

<https://www.dailymail.co.uk/sport/football/article-10722631/amp/Hull-2-1-Cardiff-Tigers-confirm-place-Championship-season.html>

<https://www.dailymail.co.uk/sport/rugbyunion/article-10996437/Mack-Hansen-urges-Ireland-team-mates-against-Blacks-second-Test.html>

<https://www.dailymail.co.uk/sport/football/article-10840999/Mikel-Arteta-vows-faith-youth-Arsenal-miss-Champions-League.html>

My Duke of Edinburgh Experience

by **Ifeanyi 10E**

The Duke of Edinburgh award is an excellent experience for young people which teaches them important life skills alongside being extremely fun. The award teaches people teamwork, hard work and resilience, not only in the expedition part, but also in the physical, volunteering and skills sections. The skills section allows people to learn new skills such as cooking, baking, writing and many others. In my case, I am a part of the newspaper club, which is an amazing experience and once again, encourages teamwork specially to achieve a common goal of putting out a newsletter every month. The physical section helps people to get fit and learn how to play new sports. Lastly, the volunteering section enable you to gain skills which would look great on my CV, and I am confident that having that previous key experience from volunteering would contribute to a successful job in the future.

Coming into the expedition section I was nervous on what to expect, especially holding these massive backpacks, but after meeting my team at the train station, I was relieved to see everyone prepared and ready to go. We all started at Lenham station and worked our way through beautiful views, thorn bushes, huge fields, roads and even animal waste up to the campsite which we arrived at about 8 hours and 36km later. We set up camp at Dunn Street Farm and immediately began to cook food and naturally, have to fend off any others trying to snatch some of our food. However, I have to admit that this was my favourite part of the expedition. On the second day of the expedition, we were expected to make it back to the station on our own, different to the first day where we were accompanied by a teacher. Luckily, we didn't get lost and made it to the station by about 1:30pm where we were

My Duke of Edinburgh Experience

accompanied by a teacher. Luckily, we didn't get lost and made it to the station by about 1:30pm where we were greeted by our teachers who debriefed us and let us go.

Overall, the DofE award was a fun and special experience which I encourage all younger and older years to try to get involved in.



Beths No English Challenge

by Gabriel 7W

Some Beths students from years 7 and 8 participated in a challenge to raise awareness of what it feels like to start at a school in a new country where you don't speak the language, in honour of Refugee Week. Gabriel Casac-lang in year 7 shares his experiences below:

On the 24th of June, I, along with a couple of my friends, took part in the No English Challenge. Overall, all of us found it an extremely hard but fun challenge to partake in.

It was quite easy to get through form time, given that we had assembly and did not need to speak. However, it grew progressively more difficult as the day went on. In English, I was unable to take part or ask for help and felt quite isolated not being able to engage in class. In Mandarin, I found it challenging to try find the vocabulary to fully articulate what my answer was without using English to do so. I did not feel as alienated as I did in the other classes but there was a noticeable degree to which I could feel it. I was considerably saddened by the fact that I was unable to participate as I have, and still, always enjoyed these subjects. In PE, I found myself confused at what to do and felt as if a zip was drawn across my mouth as I desperately wanted to speak English in order to ask for help.

Another difficult aspect of the challenge was having to get a teacher to sign a slip confirming that you did not speak any English. During break and lunch, I found it hard to: a) find a teacher and b) articulate that I wanted them to sign. Leading on from the topic of break and lunch, I with my friends Arvin and Mattieu, who were also participating in the challenge, were practising our instruments. We found it hard to be able to help each other and had to resort to writing in English, which was allowed.

Post-challenge, I now think about how this problem affects people in real life on a daily basis 24/7. I hope with the awareness we raised that it may benefit someone somehow.



Jack Petchey Award Ceremony

by Rhaeniel 8B and Carter 10E

The Jack Petchey ceremony took place in the Orchard Theatre in Dartford on the 28th of June. The experience was really interesting and exciting with amazing performances, and it made me feel really appreciated by the charity. Each of us were presented a gold medal on the stage and were mentioned by the presenter for the why we got the award. We also got to see and hear the other amazing things that other people did to deserve the award.

All the award winners upheld the core values of Beth's and have truly gone beyond! The awards were awarded for some frankly great things- a great example would be the inspiring deed of a group of three Beth's students- Rajithan, Vishva and Daniel. During the chaos of the petrol shortage, Rajithan, Vishva and Daniel aided a mother and child when the bus terminated mid route. With their quick thinking and out of the kindness of their hearts, they stayed with the mother-child duo to plan a way for them to get home. They paid for the taxi with their money and ensured they would reach their destination.

Another inspiring award winner is Ms Harris. She has helped with many clubs, most notably the LGBTQ+ club, further creating a safe and welcome community at Beth's. She has had a huge impact on staff and students alike, raising awareness and expanding the understanding of the LGBTQ+ community.

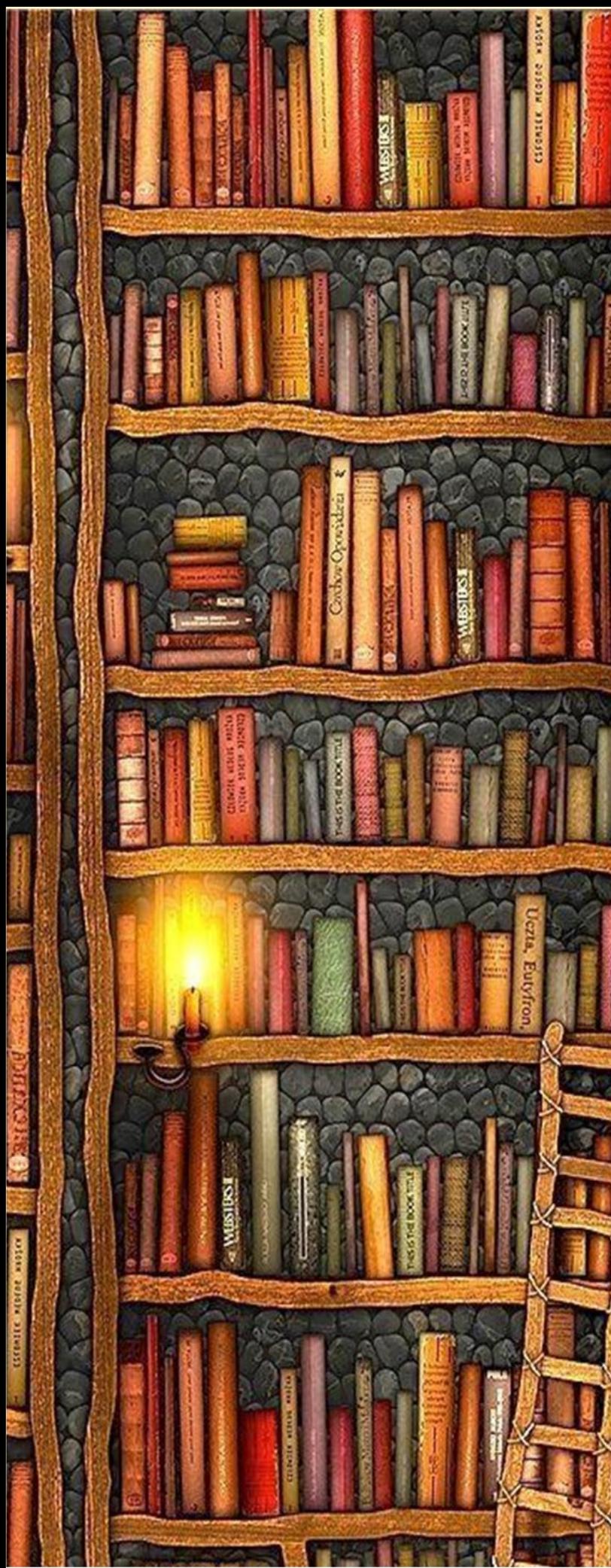
Jack Petchey Award Ceremony

The list of outstanding achievements go on, but those reasons are some of the ones that personally really stood out for the Beth's awards. Congratulations everyone!

The vast number of Beth's students/teachers winning the award proves Jack Petchey's motto:

If you think you can, you can!



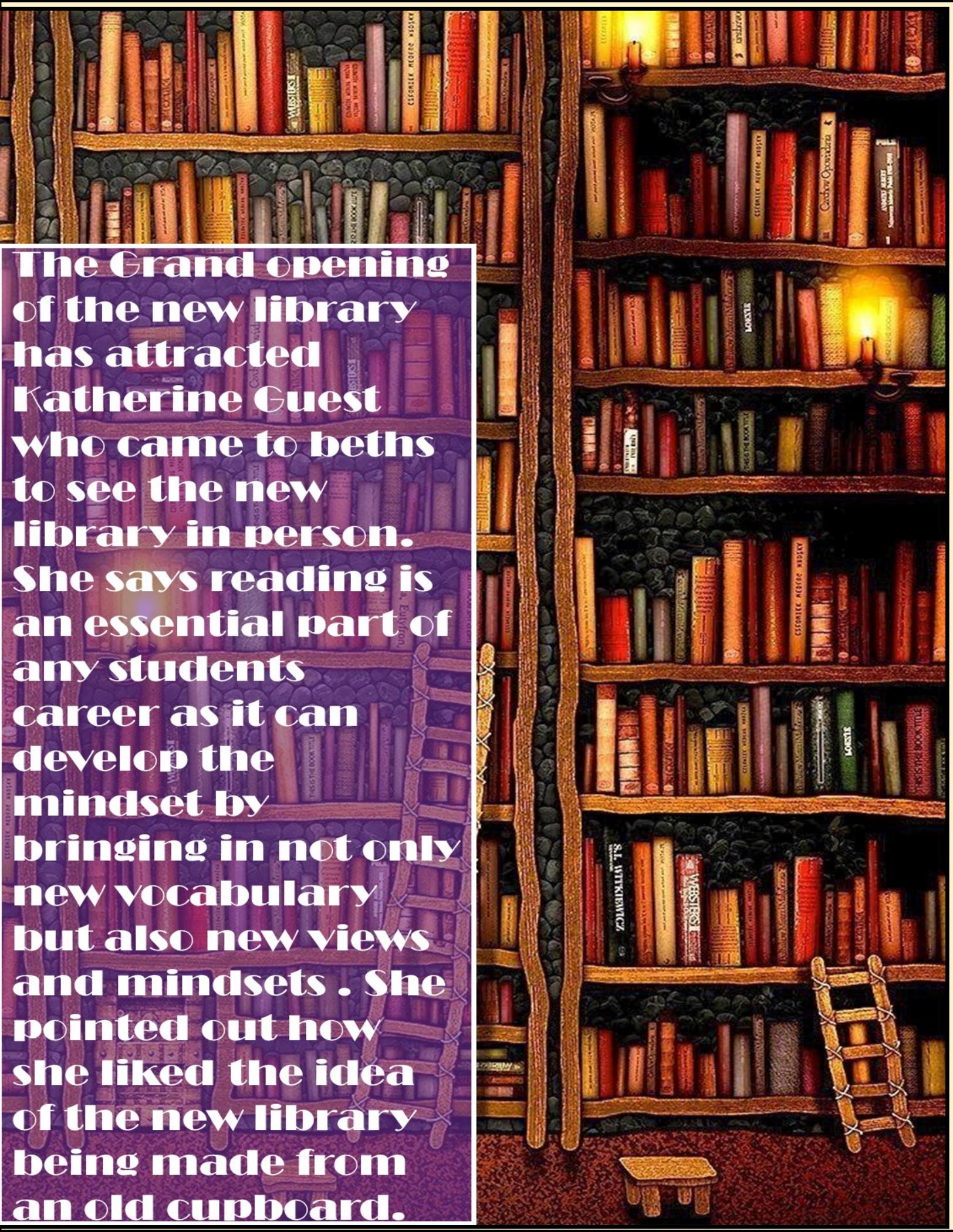


GRAND OPENING

The English department are celebrating the opening of the new student library.

This library is located next to B3

The English Dep. Are hosting a competition to name this little library. Please speak with an English teacher if you come up with a name.



The Grand opening of the new library has attracted Katherine Guest who came to beths to see the new library in person. She says reading is an essential part of any students career as it can develop the mindset by bringing in not only new vocabulary but also new views and mindsets . She pointed out how she liked the idea of the new library being made from an old cupboard.

Love Island: Pleasant or Poison

by Levi 10B

In a workshop with Henry Clarke,, news reporters were given the challenge of writing an article in 25 minutes. Of the two topics, I chose “watching reality tv is a waste of time”.

A study by Mental Health Foundation finds that 24% of young people say that reality TV shows cause them body image issues. Shows like ‘Love Island’ and the ‘Jeremy Kyle Show’ have sprung to popularity in the news sensational age of technology, as they feed off both people desires *and* insecurities.

For example, if you haven’t seen it already on adverts or social media, Love Island is a reality TV show in which a group of attractive men and women participate in a series of sultry and scandalous tasks with a partner they keep flippantly changing until they find the love of their life. CBS praises the show as “the sizzling summer series based on the international smash hit and cultural phenomenon” whilst in reality, it is far from beneficial to viewers.

Superficial shows like this have caused more than 15% of young adults to self-harm due to concerns about body image. Dr Antonis Kousoulis from the Mental Health Foundation argues that programmes like these are “not diverse, [are] largely unrealistic and [are] presented as aspirational”.

In an interview, ITV’s Richard Cowles told the guardian “clearly the contestants are extremely attractive... but we’re not saying the whole world looks like that... It’s an aspirational show”.

As consumers of media, it must be considered how trendy shows like Love Island, the Kardashians, TOWIE etc. are affecting our youth. These shallow spectacles are ironically named reality shows, when they demonstrate ideals far from this. What will you choose to watch in the future?

Naggy Parents Trap Children

by Moses 10E

In a workshop with Henry Clarke,, news reporters were given the challenge of writing an article in 25 minutes. Of the two topics, I chose “parents are too protective of their children”. Please note that some facts and figures may not be completely accurate!

Parents have been questioned over their overprotective antics for their children as they are worried that they may be victims in a recent stabbing increase.

A recent report has stated since the Croydon stabbing 2 weeks ago 74% of children have been limited to an excruciating 8pm curfew due to the possible dangers lurking outside in the south east London district. The Croydon community have announced a meeting where they will discuss parents stopping their child's freedom.

The head of the committee has said that parents should not try hold onto their children forever or they could lead to other resorts like sneaking out or other types of disobedience in the household. And if they weren't aware of the dangers now, they could be isolated in future and won't be responsible as they have no idea what they are in for.

The majority of parents restricted their children to the point where our sources have found out shops have seen a massive decrease in sales.

Wimbledon 2022

by Erim 10C

Introduced in 1877, the sport has starred top players like Roger Federer, Serena Williams, and new rising players like Emma Raducanu who've made Wimbledon what it is today. These players are at immense level of skill and commitment to the sport, carrying a lot of mental pressure, but still performing to entertain.

The Wimbledon season is always fun to watch and us who watch the sport enjoy all the moments, from skilled shots, to shouting and controversy. For instance, players like Nick Kyrgios have performed extraordinarily, and made it to the finals where he faced Novak Djokovic and has made very impressive shots that leave us shocked. However, Kyrgios is known amongst the tennis community to have fall outs with other players and the umpire, continues to get angry, and is said to be "out of character" from a news reporter at Australian news. Even in previous years in 2019, there was a cold moment between Kyrgios and Nadal, for bad conduct and maybe violent means from anger and tension and has caused a lot of hate towards Kyrgios. Apart from these moments, this year's Wimbledon has seen some of the greats like Djokovic and Nadal play and uphold the symbol of royal patronage. There have been extraordinary moments of both sportsmanship, good rallies, and fantastic shots.

Wimbledon continues to bring out the best and most competitive nature of players who enter, always trying their best for success, and even the return of Serena Williams. Although her performance dipped, her contribution just shows the commitment and love these players have for the sport, even after injury and a long break from tennis. Overall, the matches were very entertaining, with incredible shots and runs made from the talented players who never cease to entertain us with their fantastic playing. You can find further details like specific players and the draws for Wimbledon on their website.

The British Junior Rowing Championships

by Jayden 10H

The British Junior Rowing Championships (or as rowers have affectionately dubbed it, Brit Champs) took place from the 15th of July to the 17th of July at the Holme Pierrepont, the national water sports centre in Nottingham. Along with the National Schools Regatta, it's the biggest junior rowing competition in the UK, taking place on a national scale. The top clubs and schools from around the country, and even schools representative of other countries, compete to become the top crew in their age category. Many that dare to enter have up to half a decade of experience in the boat, whether it be sculling or sweeping, and incredible technique to back it up.

For these reasons, I was, therefore, shocked and completely thrown off guard to hear that my coach had made the decision to enter me and my doubles partner into the competition. At the time of the competition, I had only been part of what's called the performance squad (a group of juniors that train up to 4 times a week and represent the club at numerous competitions) for just shy of six months. Furthermore, my training hadn't been particularly consistent, as during that six-month time period, I'd switched between multiple different boats: first a coxed quad, then a single, and finally the double we'd been entered in. That isn't to say I wasn't ecstatic for the opportunity to represent my club and prove to my coaches, family, and self, that all that hard work wasn't a waste – but our double hadn't been particularly successful. Until that point, my partner and I had had limited success, only winning gold in the Cambridge Head-to-Head race.

Upon hearing this news, it dawned on me and my doubles partner that the training for this regatta would be more arduous than any other we'd competed in before it. In the two weeks leading up to Brit Champs, we went out in the boat every single training session we could, with a range of focuses for each one. For some sessions, the focus was purely technical, meaning that our aim was to improve and refine our technique. For others, the focus was on speed; we'd practice sculling 1000m as fast as possible, which not only prepared us for the rate at which we'd need to be stroking the boat, but also

The British Junior Rowing Championships

gave us a checkpoint, from which we could compare ourselves to the times of the previous year's J15s (year 10s), and determine where we could eliminate those couple seconds between us and the time we'd need to be comfortable and confident in getting gold.

We journeyed the three hours to Nottingham by car, the day before the competition. Upon arrival, we checked into our hotel and settled into our rooms. Ensuring our alarms were set for 06:00 the next day, we fell asleep, and dreamed of a perfect race and a gold medal. On the day of racing, we arrived at Holme Pierrepont at 8:00. This gave us plenty of time to rig the boat and warm up before our time trial, which was scheduled to start at 11:05. While it's common to dismiss time trials as unimportant and boring, they are arguably the most important part of the regatta. The time a crew achieves in the time trial determines the final they're allocated to (top crews go to the A final) as well as the lane they receive (top crews get the middle most lanes.) My doubles partner and I came 6th out of 34 crews in the time trials, and so we scraped our way into the A finals, at the cost of receiving a good lane.

Our final was at 16:45, and we ended up coming sixth. While, obviously, it's never a particularly great feeling when you miss out on the opportunity to go home with a medal around your neck, the coaches were proud of us, and most importantly, we were proud of ourselves for our resilience and determination. Bearing in mind the fact that we were relatively inexperienced and amateur in comparison to all the other crews in that A final, the fact that we even managed to get into it was an achievement in and of itself. However, we shall continue to train hard in the hopes of returning to Brit Champs next year and annihilating the crews that rowed through us this year.

NBA finals and Draft day and 2K23

by David O 10C

The NBA playoffs has ended which means that draft day and the new 2K are here along with the summer league. These are significant events in the NBA calendar and I am going to tell you more about these events in the article.

Playoffs/Finals

The Golden State Warriors earned their 7th championship in the 2021-2022 NBA season after beating the Boston Celtics 4 games to 2. This win proved very special to several different players. Steph Curry earned his 4th ring this year while 28th pick in the 2019 NBA draft Jordan Poole won his first. This series taught a lot of basketball fans different things. Firstly, Steph Curry is rising up the legacy table. Recently inducted in the NBA 75, Curry has been proving he deserves a table with the greats. With critics labelling him as the greatest point guard of all time (being argued with Magic Johnson). His game last season was dry, inefficient and regular; however, he came back this season with a mindset to win. And he won big. Winning the all-star MVP and the NBA finals MVP. He also averaged 27.4 points with the second most total points this season and most 3 pointers made. The NBA finals also taught us that Jayson Tatum is not ready to be labelled as a superstar. Tatum has fallen short, but it is important to remember that he is only 24 and his first season in an all-NBA first team. It is undeniable that Draymond Green's energy fuelled this warrior's team to a win. From them being down to Draymond's controversial online presence in his podcast, the team surely

NBA finals and Draft day and 2K23

Draft Day

A lot of people don't know how the NBA draft works. In this article, I will be going through what the NBA draft is and how it works in a quick summary. Firstly, NBA teams take part in the draft lottery. The NBA Draft Lottery is used to determine the order of the first 14 picks in the draft. The 14 teams that did not make the playoffs the previous season are given a chance at the number one overall pick. Each team is assigned number combinations involving four digits. The lottery begins by randomly shuffling 14 balls numbered until four balls are drawn. The team with the corresponding four-digit number combination will receive the first pick in the upcoming draft. This process takes place three more times until the top four draft picks are assigned to teams. The ten remaining teams that did not make the playoffs draft selections are allocated based on the team's record from the previous regular season from worst to best. After the top 14 draft picks are assigned to the NBA teams that did not make the playoffs the previous season, the remaining picks for the first and second round (picks 15-60) are assigned. Like picks 5-14 in the first round, the remaining selections in the first round are allocated to teams in inverse order based on their previous regular-season record. This ensures that each team receives one pick in the first round. The second round of the draft utilizes the same format, where each team is awarded one selection, and the picks are given out in reverse order based on regular-season records. NBA teams are allowed to trade their draft picks and frequently do so. Then the prospects go through a test called the NBA combine. They try their best to impress the potential suitors by showcasing their talent, going through several physical tests, and of course by playing basketball as best as possible. Then comes the big night It is the time when sixty players are chosen by the franchises, thirty in the first round, and thirty in the second round. In the first round, the franchises are given five minutes to make their picks, or to formulate a deal with another franchise in need of their pick. The 2022 NBA First pick draft Paolo Banchero got selected by the Orlando magic which was an exciting pick to see.

NBA finals and Draft day and 2K23

2K23

A new season means a new video game for most major sport. Basketball is no different. The official release of NBA2K23 will be on September 9th, 2022. Pricing depends on edition. The Michael Jordan Edition will be launched at £99.99, the Championship Edition will be available at £149.99 and last but not least, the Standard Edition will cost \$59.99; it will be launched on PS4, Xbox One, Switch, PC, and Nintendo Switch, and £69.99 on PS5, Xbox Series X|S. Each edition comes with different in game rewards for players to use and upgrade their teams. Rewards such as 5,000 Virtual Currency, 5,000 MyTEAM Points, 10 MyTEAM Promo Packs (delivered once a week), A Boost for each MyCAREER Skill type, A Boost for each Gatorade Boost type, Devin Booker MyPLAYER Jersey, 95 Rated Devin Booker MyTEAM Free Agent Card come included in the championship edition.

Opinions

I spoke to some of my classmates and found out what they thought about the NBA this season

The Warriors have won 4 rings in the last 8 years so them winning it again is not a surprise to many. I personally believed in the Boston Celtics, but Jayson Tatum played so horribly that he ruined it entirely. I backed the Miami Heat from the start but the lack of good players other than Jimmy Butler ruined it for them, if they get a pure scoring superstar, like Mitchell, I believe they'll win it all this time. I believe that the Pelicans could have genuinely won the summer league and I'm not joking. However, I believe the team are using the summer league as a time to experience newly drafted and other players, not to win it. Also, I entirely agree with the top 3 draft order. Bancho is the safest pick in my opinion as Chet is a risk because he could

NBA finals and Draft day and 2K23

either bloom or bust out the league. He is exceptionally talented but if he doesn't put on weight, he will be bullied easily from players such as Giannis and Zion.

- Hamadin 10B

I am excited for 2K23 because of all the new game concepts. Personally, I don't think Devin Booker deserved the title cover, maybe someone like Steph Curry or Giannis should have got it, however I'm excited for the game nevertheless as I have been with previous versions of 2K

- David A 10C



My Legal Week

by Jake Pronger 12.5

On the week commencing the 14th of March, I was fortunate enough to be invited to Corpus Christi College, Oxford for the law residential scheme which they only offer to 30 students per year. Like with all things Oxford, the selection process was rigorous as we had to submit an essay that was to be considered by some of the top legal minds in the country and after weeks of waiting, I was delighted to be informed that I had been commended with a place on the programme. It was only once I arrived that I understood just how fierce the competition for a place had been because the outreach officer at Corpus informed us all that more people had applied for fewer places than those that had applied for the actual law course offered at Oxford and to put that into perspective last year jurisprudence at Oxford received 1899 applicants for around 232 undergraduate degrees! Upon arrival, we were taken through Corpus' beautiful old quad to the "MBI Al Jaber Building", a strikingly modern auditorium where I met my fellow prospective law students who were all incredibly friendly.

Not long after the initial "pleased to meet you" had been uttered, we were ushered into the conference room where we began our first law workshop of the 2-day residential: "Feral Wrong-doers" with Professor Matt Dyson. During this incredibly insightful session, conducted by perhaps the most impressively intelligent individual which I have ever met, we discussed the law's definition of pets as property and the extent to which their owner is responsible for damages that they can cause. To illustrate the concept of tort law Professor Dyson asked us to determine the potential outcome of a case involving 3 stampeding horses under the "Animals Act 1971", he made the point of telling me specifically that a good lawyer must cite the specific wording of legislation verbatim in order for the meaning and authority of the act to be maintained.

Overall, I am incredibly grateful to Beths for allowing me to undergo this week of legal work experience as it has been a great opportunity to grasp what studying and practising the law will entail as these experiences have only increased my interest in the career path.

A day for Aces and Strawberries

by Tom Gibson 8A

Summer sports are the heartbeat of summer, extinguishing your anxieties and reinforcing activity throughout the searing blade of the sun. Some may enjoy striking the wicket in a final cricket ball and others spiking a ball over a net. However, Tennis by far one of the most intricate, tactical and diverse sports across the world during the heat of summer.

Last weekend, I visited Wimbledon, the known sports venue in which the annual British Open is played at and I experienced the buzzing excitement amongst the players and the visitors.

Firstly I looked in on a doubles match between Australians Samantha Stosur and Matt Ebden opposing Belgian Joran Vliegen and Norwegian Ullrike Eikeri. Immediately I noticed the sheer force these balls were triggered at, reaching speeds of up to 125 mph! The atmosphere inhabiting the court was magical, with suspenseful pauses between shots and roars from the crowd. The Australians emerged victorious and unlike many other sports, there are mixed gender competitions which in my opinion is creating a more inviting community for younger people that may want to try tennis.

After the game had ended, I wandered up to the prominent Henman Hill (Named after British tennis legend, Tim Henman; also briefly known as Murray Mount and Raducanu Ridge) to watch the centre court affair including fan favourite, Heather Watson. I crouched at the apex of the infested hill and cheered as I consumed my strawberries and cream, a traditional speciality eaten at Wimbledon and popular amongst fans. Unfortunately, Heather Watson lost although there was still hope for the Brits as Cameron Norrie

A day for Aces and Strawberries

by Tom Gibson 8A

was playing next.

Then, I went back over to court 2 and was lucky enough to witness Joe Salisbury, number 1 in the world for doubles. The power of his shots were immaculate and tore through the mild breeze spiralling away from the opponent. I was almost exasperated by how much time, work and effort it must take to accomplish something as simple as striking a ball over a net and that coincidentally is the irony of sport.

I also have to mention the size of the gangways as it almost felt like a small village walking between courts and the amount of people was that of a city.

In conclusion, I recommend if you want to experience tennis in a fascinating atmosphere you should visit Wimbledon or try it yourself as it can unlock a whole other meaning to who you are.





BEST OF THE BETHS

For the students by the students.

**Thank you for reading this special edition of the newsletter. In this edition, we covered a range of topics from DofE to basketball and from Jack Pet-
chey to Wimbledon.**

**This year has been an amazing year for ‘Best of the Beths’, where we have been able to successfully re-
boot the newsletter, after coming out of COVID. It has been a challenge meeting each deadline and
pulling all of our weight together but it has also been a pleasure to create a final product each time, which
is always full of different students’ work and ideas.**

**Please let us know what you liked about this edition and what you would want to see more of, so that we
can improve it for next year.**

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**Also, please do your best to let people know about this newsletter, so that we can establish a larger
reader base and continue confidently in the future.**

-Regards from the Newsletter team