



Best of the Beths

2023 Sports Day Edition





BEST OF THE BETHS

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Edited and Designed by Edwin 10C



Tug Of War

By Harvey 9B

The rope inched its way slowly out of our grip, getting closer and closer to the end. Brampton B Team was about to lose to Hurst. However, just before it reached the end a final attempt loosened Hurst's grip on the rope. In that short space of time we knew we could win. There was hope. The rope continued to move away from the end. Hands burning, we continued till the rope passed over the line. Brampton cheered, creating a deafening noise. This enthusiasm continued into the next round where Brampton won against Hurst, securing the position.

This is why you should never give up on anything; even when it does not seem possible, see it to the end. Sometimes, luck will be on your side...

Towards the end of the day, the teachers went against the Sixth Form students present on the day. Silence filled the audience, and then it started. At first it seemed they were equally matched, then the rope moved towards the teachers. Slowly, but surely, it crossed halfway and then crossed the line. Teachers had beaten the students!

An Interview with Mr Walter

By Ugo 7A

Teachers that do not only teach pupils education but also train them to become more fit can be especially useful and unique! They work extremely hard to both increase our academic, social and confidentiality skills. I was very appreciative to have this interview with Mr Walter and these are the few things we spoke about:

Why did you choose to start running the Daily Mile?

Because I want to give students the opportunity to become a fitter person and to build up their confidence skills. I also want to encourage students to perform their best in everything, no matter how big or small they are. It is about developing young people to prepare themselves for the future once they leave school.

How often do you do this?

I do it weekly every Thursday with KS3 students, teachers and members of staff who want to get energised for the day, improve their fitness or just for fun. For me it is not always about finishing before others but learning what you need to improve on for the next week to beat your original time.

Where and when do you do it?

I do it in the school field at 8:15am. It is free for any KS3 students to join in if they want to improve on themselves and get energised if you feel tired.

An Interview with Mr Walter

By Ugo 7A

What do you think is the biggest problems in improving today?

I think that not only in schools but people worldwide that want to improve and become better at something do not take the time to do so because they are not so confident in themselves that they are not going to make any improvement. I feel like we do not get any encouragement from many people nowadays. If we really want to make a change in ourselves, then we need to get encouragement from our friends, families, teachers and more to become more confident in ourselves and start putting all your effort in. You can always make a change; you just must put your mind into it.

Overall, I was really delighted to have this interview with a hardworking teacher like Mr Walter. People in modern society do not really appreciate teachers and members of staff that spend their time making sure we improve on both academic and fitness skills. I hope all of you join me in giving all the hardworking teachers in Beths a thank you.

Year 8 Track

Report

By Thomas 8W

200m

In the first heat, Cray takes an early lead, but halfway through the race, Wickham passes Cray and Milo W from 8W takes the W. In the second heat, Eardley starts in first but again Wickham takes over in first and Jayden A from Wickham wins. In the third heat, this time Wickham is first in the beginning, but Hurst is faster and wins with Sean M as their runner. In the final heat, Wickham starts in first again, but Cray takes over with Samuel O from Cray winning. Overall, Wickham wins the 200m, but there are still many more races!

800m

The 800m is just a single race with two runners from each house. In the beginning, for the first 15 seconds, no one takes an early lead or falls behind, then an Abbey student falls over but gets back up immediately, a sign of great perseverance! Wickham just barely gets ahead of everyone else and both Hurst students are falling behind. Eardley then catches up with Wickham and there is close competition between the two and by the end Ethan D from Eardley wins with Wickham and Brampton being second and third respectively. At the moment, Wickham is still on top overall, but this may change with the next few races.

100m

The 100m races are very quick so there are not early leads, and everyone is quite close together with one or two people in front. In the first heat, Leo A from Brampton wins. In the second heat, Tahseen Z from Abbey takes the W. In the third heat, Temitope O from Wickham places first. In the final heat, Olamiposi J from Abbey claims the victory.

300m

The 300m is similar to the 200m but it's longer, and there are only two heats. In the first heat, Abbey takes an early lead, then Wickham takes over quickly, and Erik P from Wickham wins in a landslide, way ahead of anyone else. In the second and final heat, Wickham takes an early lead but Hurst and Cray catch up and there is close competition between the three. In the end, Emmanuel N from Cray wins with Wickham close behind.

Year 8 Track

Report

By Thomas 8W

1500m

This is longest race of them all and has 2 runners from each form and is just a single race like the 800m. Students will need speed and perseverance to master the 1500m. Brampton takes an early lead, but Hurst is quick to catch up. Wickham and Abbey start to catch up too, but Brampton is still in the lead. The other Brampton student catches up and Hurst starts to fall behind, with Brampton and Abbey in close competition and Eardley is catching up too. After a very long race, Neel K from Abbey passes the finish line first with Brampton and Eardley close behind.

Results

When including all races, field events, and relays, Wickham wins overall with 30 points more than the house in second. Well done to 8W for winning sports day this year!



2023 Sports Day

Relay Report By Cayden 7W

The track was busy, races galore. 6 Forms, 4 Teams each, A, B, C, D. Who won? What happened?

It was a warm sunny day, at Erith Leisure Centre. Abbey, Brampton, Cray, Eardley, Hurst, and Wickham were all fighting for the win, putting 4 players each into an A, B, C and D team. After interviewing every single D team, I have devised what each of their strategies were, and what they had in common.

I first interviewed my own form, the Wickham D team. Their strategy was just to run as fast as possible and keep up a consistent pace. It was a good and basic strategy overall.

I then interviewed Hurst's D team. They said that they wanted to run at a steady pace, keep up their consistency and overall reserve their energy until it was needed.

I then walked over to Cray's D team. Cray wanted to start off with one of their fastest people first, to get them a head start, followed by their two slowest runners. Afterwards, they would play their fastest runner, to catch up and win the race.

The Brampton D team emphasized to me that they would jog slowly at first, persevere even if they were last, and save their energy, just like the Hurst D team.

Following on, The Eardley D team would do somewhat of an accelerating strategy. Their first runner would run fast, followed by a jog from the second runner. From there, the third runner would accelerate, and finally the last runner would run at full speed.

Finally, the Abbey D team wanted to run fast, keep their fastest player at the back, clutch up and win the race, like Cray.

Results

In the A teams, Wickham won by a landslide, with Sola Ayeni running his fastest towards the end.

In the B teams, Abbey stormed past all the other forms, eventually winning the race.

In the C teams, the relay was won by Brampton. It was a very tight ending, with Abbey almost overtaking the Brampton C team.

Finally on the D team, Lucas Henry from Wickham runs at full pace, giving Wickham a head start, however, Abbey fights back, as Taylor (7A) manages to overtake the Wickham runners, and after a tight matchup, Abbey won, almost drawing with Wickham.

Relay Sports Day

2023 Report By Cayden 7W

Overall

Each form did extremely well, and the crowds went wild screaming and cheering on their own forms. Even if a form lost the race, at the end of the day, there was a good demonstration of sportsmanship, and everybody was happy to take part in this event.

It was a huge shocker to see Abbey dominating the races and having some of the best comebacks ever seen. Next year, there will be some big rivalries between the forms, but you never know, who may be winning when time comes to the 2024 Beths Sports Day.



Year 8 Tug of War

By Arvin 8W

On Sports Day you only see a fraction of the Tug of War as most of it is in Games lessons. We only see the final standings to see who won out of the places. 1st play 1st and so on. For the Year 8 Tug of War for 3rd standing Eardley played Abbey ultimately beating them and taking 5th place in A team. Even though there was great sportsmanship within the participants and great teamwork some people were telling the Abbey team to take the L and had essentially stopped pulling before the round had finished. Abbey tried to co-ordinate their pulling, but Eardley tried the same, making the effort futile.

Again, on the A side the 2nd standing played: Hurst vs Brampton. Hurst flawlessly pulled at the same time and with Brampton unable to pull back with their chant 1, 2, pull, which was the chant that gave them a victory on the B side, Hurst was able to pull through. This awarded Hurst 3rd place and Brampton 4th of the A side ranking.

At the top we have the main two: Wickham vs Cray. This was a banger with the first round taking 3 minutes. Luckily for Wickham they were able to win the first round but as we know we play the best of three in this game. The second round and third round deemed unsuccessful for Wickham



meaning Cray gets first place while Wickham gains second place. Unfortunately, Wickham could not win due to their lack of teamwork and not being able to pull at the same time.

Now on the B team the standings made sense with the A team results. With the 3rd standings Eardley and Brampton competed for 5th and 6th. However, before, I asked Mrs Clarke what she thought the outcome would be for Eardley vs Brampton?

“Ooh I think it’s going to be really tough and a tight match. They look evenly matched with both sides having similar

heights, but I’ve got to go with Eardley because I’ve taught them before, and I’ve got to do it, I’ve got to have faith in them.”

Year 8

Tug of War

By Arvin 8W

In the end Brampton did beat Eardley and that's why I asked Mr Port how he felt when they lost to Hurst but beat Eardley. He said that he was disappointed in the A team losing but he knew they had a strong B team.

Hurst playing against Abbey was a wild ride with one or two of the Hurst players falling during the mist of the game. Sadly, for Abbey, Hurst was quick to retrieve its units again and push through it ultimately beating them to third place.

The final fight that raged vs Wickham and Cray showed no positives for Wickham. The fact that Wickham could not win was no surprise reflected in last year and unfortunately for all, Cray won in both A and B sides. I asked Mrs Comerford what her secret to success was and she said:

“Toby and Arba”

“Is that it?”

“Absolutely”



Sports Day Highlights and Interview with Mr Beaney

By Gabriel 8W

On Thursday 15th June, we had our annual Sports Day: where each of the houses competed to determine the most athletic one. Overall, this day was a massive success with people from across the houses expressing how much they enjoyed it.



The Key Stage 3 events commenced with a lively start, showing Wickham enthusiastically cheering on their Year 7 athletes competing in the 100m track event. Meanwhile, the Year 7s also competed in their tug of war event which *Brampton* won the majority of.

The 4x100m relays that occurred after all of the Year 7 track events had finished could only be described as exhilarating! Many of the heats came down to split-second differences, showing how close the competition was. Ultimately, however, *Abbey* managed to win a majority of the races, securing victory for their A & C teams.

After the Year 7s had finished their track events, many of the Year 8s were eager to begin. Wickham started off strong in the 200m sprints – with *Jayden & Mylo* accomplishing first place. This was met with fierce competition from the other houses in the 100m, 300m, 800m, and 1500m events.

In the Year 8 tug of war, *Cray* managed to level the playing field – as well as their opponents – by becoming victorious in both their *A & B* teams.

Following these events were the 4x100m relays, in which everyone displayed both great athleticism and sportsmanship. All of those competing gave their best in the relay and were in turn given a massive round of applause. In total, *Wickham* managed to win most of the races, securing first place for their *A, B & C* teams.

Well done everyone!

A table of the top three houses (according to the rankings) in Year 7 & 8:

Year 7	Year 8
1st— ABBEY	1st—WICKHAM
2nd—BRAMPTON	2nd—BRAMPTON
3rd—WICKHAM	3rd—ABBEY

Sports Day Highlights and Interview with Mr Beaney By Gabriel 8W

I was also able to have the pleasure of being able to interview the Assistant Head, KS5 Manager and speaker for the day, *Mr Beaney*. Along with many others, he thoroughly enjoyed Sports Day, going on to say that he was "*incredibly impressed*" and that everyone displayed "*Beths Scholar values*".

Mr Beaney said he found Sports Day to be very exciting, have lots of good sportsmanship with everyone clapping for all the athletes, and was thankful for the lovely weather on the day. Of all the incredible events on the day, he has said that his favourite event was the high jump because of all the anticipation and support of everyone applauding .



He has found being this year's speaker a very fun experience and hopes he can do it again next year.

Finally, Mr Beaney, along with all of us who attended Sports Day, want to say:

"Thanks to all the staff for setting this [Sports Day] up."

Sports Day

By Eoin 7C

Banners

When doing Sports Day this year, the “sport” part in Sports Day really does give the game away from what it is. However, the sport is not the only thing that students at Beths Grammar School have been up to! When running or throwing, you would have noticed the huge banners flapping around. They *were* rather big. Not only did this show support to the houses, but it was also a competition. The official rankings for the banners were: 1) Brampton 2) Eardley 3) Wickham 4) Abbey 5) Cray 6) Hurst (For not producing a banner, so the year 8’s made theirs). However, this is not the popular opinion on these banners. My opinion was that:

1) Brampton

Brampton’s Fiery dragon was highlighting the BOLD in their values: brilliant, brave, bold. The use of different fabrics really brings out the diversity of their form and of the school, all next to each other, unifying different races, beliefs, and cultures that Brampton has.



2) Wickham

Whilst portraying around the form 7W, they did show that they truly identify as Wickham and that they are together (As shown by the handprints) and they really like their form tutor because she was mentioned a fair few times! (If you REALLY want to know, its twice, but I



wanted you to look at the picture and see a whole 0 people looking at the camera after I said “Smile”)

3) Cray

Cray may not have been the flashiest, but it was by far the most thought-provoking. The banner's little shards presented the names of the members of forms 7C, 8C and 9C. This was a smashing success, and the way it was presented was fantastic. I cannot say the only good things about it, or I may be proclaimed as “Biased” because it was

my form who created this banner, or because of me being on the creative team, so I have just one singular fault. The banner would have looked a bit more cohesive if it was all in the same style, but furthermore it looks very presentable. Well done Cray!!



Sports Day

Banners

By Eoin 7C

4) Abbey

I personally thought that this was the most beautiful banner in the stadium. They had evidently poured a lot of time and dedication into this project, which for me was a magnificent factor in this equation of rankings. I think this was so beautiful because this was FOCUSED on being beautiful. This was not meant to be a flashy program for Abbey to think “YEAH WE’RE GOING TO WIN” but instead a gently “Good luck to all the Houses. Except Brampton.” kind of motto. Thank you, Abbey, for being supportive to all the houses. Except Brampton.



5) Eardley

Although resembling a dead horse to some, and the fact it was the wrong way up, it was a decent little banner. AND WAIT!! WE HAVE MORE THAN ONE PERSON LOOKING IN THE PHOTO! ITS A MIRACLE!! Now back to the banner, not the photo. It's good overall and shows unity between the forms as it has the names of the forms written around the Kind-Of-Dead-Looking-Horse. It's not that bad!



6) Hurst

Sadly, the Hurst Creative team in Year 7 was good at planning the banner, but not creating. At lunchtime, they created a banner with the words: “COME ON YOUR GREENS!”. This was a very rushed project, so they tossed it to 8H who had about 10 seconds to do it. They produced this printed-out piece of fabric and glued it over the fabric, not only disqualifying them, but then putting them into the bottom position.



If you agree with these or disagree please let me know at 22C-Twomey@beths.bexley.sch.uk.

200m

By Joshua 9B

My Experience

Prior to walking onto the track, I was somewhat nervous but mainly optimistic as I knew that if I tried my hardest, I would be pleased with my result. However, once I realised my fellow competitors that I would be racing, my hopes quickly dropped. Before the race started, my main goal was to finish top 4 as some competitors like Akinwale in 9A and Ajisola in 9E were way faster than me.

We all stood in our respective lanes and waited for the starting pistol to fire. The anticipation nearly overwhelmed me however the gun fired and off we all blasted off. My start wasn't the best however I wasn't going to let one mistake ruin my race. I ran with my heart and soul while fighting for 4th against Daniel 9W. It was so close and intense however 15m away from the finish, Daniel unfortunately tripped over and fell securing 4th for Brampton; however, commiserations for Daniel. The final order was:

1st - Harvey 9H

2nd - Akinwale 9A

3rd - Ajisola 9E

4th - Joshua 9B

5th - Ankur 9C

6th - Daniel 9W

Field Events

By Christopher 9E

On a fine hot day like this, of course some great sporting performances were expected - and that's what we got!

The Jumps

For the Year 9 long jump, we had a win for 9W with Beejay beating out Eardley's competitor, Tom by about half a metre - close one!

It also seems fine margins are a theme for these field events - over in the Triple Jump, Hurst's (the eventual Year 9 winners) Dimeji took first spot with Owen from Brampton losing out by just 4cm! That's as small as just half a hockey puck.

With the high jump, there was an interesting situation, reminiscent of when Gianmarco Tamberi of Italy and Mutaz Essa Barshim of Qatar both took the gold for the men's high jump in the recent Olympics. Cray's Kayden and Brampton's Oscar both shared first for high jump with both jumping quite incredible scores.

Elsewhere, the teachers had a bit of an issue with the tarp is seems..



However it was all fixed in due course and had no disruption - amusing to see the scare on their faces though!

Field Events

By Christopher 9E

The Throws

Javelin was quite disappointing for Brampton's Daniel G who finished last, not even recording a score, but on the other end of the spectrum Isaac won the javelin bringing some valuable points home for Cray.

Discus and Shot Put were relatively uninteresting with David (9B) and Timi (9H) winning these two events respectively.

Final Thoughts

It seems that the wins of Dimeji and Timi proved to be pivotal as Hurst were crowned Year 9 champions at the end of a very enjoyable day!

Highlights

This year's Sports Day was jam-packed full of excitement and fun!

The first event was the 200m race

There were 4 heats and it started at 9.50.

Heat x1: Hurst took the lead and stayed the front runner the whole way round. They won the first race but Cray were a very close second.

Quote from Rudy in 7H "I felt really proud to win my 1st race for my team".

Heat x2: Wickham won the 2nd heat. Hurst were very close behind for the majority of the race, but Eardley stormed pass Hurst and tried their hardest to catch up with Wickham, but couldn't quite catch them.

Heat x3: Abbey won the third race.

Heat x4: Brampton won the fourth race.

The second event was Tug of War

Cray won an astonishing four in a row.

Brampton however won the overall majority of wins – making them the Tug of War Champions.

The third event was the 800m race

Ikenna from 7C came in first place, with Prince from 7A in second place.

Ikenna said 'It felt *so* good to run this race. I did it for my class mates and didn't want to let them down. I'm feeling really proud.'

The fourth event was the 100m race

Nero from Wickham won the first race; Joseph from Hurst won the second; and Brampton won the third.

In the high jump, Ikenna had two jumps remaining and had just cleared 1.33m. Everyone was rooting and cheering for him. He was then aiming for 1.36m, which would be a new school record. In his penultimate jump, he just clipped the bar and it fell off after one or two seconds. On his final jump, he hit the bar and unfortunately did not manage to set a new school record – but he won the event!!!

Year 7 Relay Race

Abbey dominated the relay and in the end won the race.

It was a nice sunny day and everyone had so much fun.

Year 8

By Marley 8W

Field Events

On Thursday 15th of June, Beths Grammar School held their yearly sports day. There were various events such as track, field, tug of war and relay. There was great competition in the field events with lots of close competitions.

In total, there were 6 field events. These were Discus, Javelin, Shot Put, Triple Jump, Long Jump and High Jump.

Discus

Discus was a very close and competitive game. The top three were:

1st - Osasere Roberts for Hurst

2nd - Finn Horgan for Brampton

3rd - Ethan Makambe for Cray

Luca Schneider said that his opponents were much better than he expected and he personally felt that he under performed.



High Jump

High jump is a very difficult sport to master but everyone still tried their best. The top 3 for this event were

1st - Emmanuel Ntim 8C

2nd - Fegor Arutoghor 8B

3rd - Ethan Wong 8E

Issac Oke from 8E said the competition started easy but then increased in difficulty as the competition went on. There was lots of healthy competition, it was very impressive.

Overall, the year 8 field events were amazing and everyone performed to their fullest. Lucas De Villers from Hurst Had a massive 30 cm lead in Shot Put. Omar Bekhoukh said it was very exciting.

Well done everyone! You all did amazing.



Horse Riding With Ms Takeda

By Dev 9B

On Sports Day, Ms Takeda gave us an insight on her passion, Horse Riding.....

Ms Takeda has loved horses every since she was a child and it has been her passion to work with them. She considers these gentle creatures majestic and beautiful, she adores them very dearly and this is one of the factors that drove her to start horse riding!

She attends a horse riding class once every week; the class is for adults and they do various things such as practicing how to ride a horse correctly including trotting, jumping, pole work and cross country. Since she is a novice she is learning the basics and trying things like dressage (the art of training a horse in a manner that it develops obedience, flexibility and balance). She has been doing it for a total of 5 years; she started after she had her children.

Horse riding is a difficult task and takes a lot of time and effort to perfect it seeing as you're are trying to establish a strong connection with an animal and working in tandem with them to achieve your goals. Ms Takeda has boldly said that she has fallen off 5 times, two of them being in the past month, however she has said that these creatures are very sympathetic as from her own experience they back away as to not hurt their rider. They understand humans well and work well with us. Ms Takeda's plans for the future are to have her own horse and to develop a strong relationship with it although so far her favorites at her club are Gladys and Billy.

Miss' final word to everyone reading is to give it a try as it is a very fun sport and allows you to be with nature and connect with another species. There is no need to go in with a mindset of doing it seriously as Miss herself doesn't do any competition or events. You could go to a stable for a treat or just for fun. The school has taken students for a taster as there are many close to the school! There is no harm in giving it a try and if you like it then by all means ride along till the very end!



Mr Healy's By Favour 9C

Love For Badminton

Sport's Day is known for its bundle of events, constant competition, and high levels of energy. However, Sports Day is about way more than that. In this Sports Day special, I interviewed the genius mathematician, Mr Healy, about his love for badminton. We learn about how he was introduced to the sport, how it works, how successful Badminton Club has been and how we can promote the club as a school community.

When asked about how he was introduced to the sport, Mr Healy credited his father for helping him find a new beloved sport. "I was introduced to the sport by my dad at age 11. I was very unsure about it at first, but the more I played badminton, the more I fell in love with the sport", he said. He continued by saying "When I was 16 I started to play more often and I got better. However, over the next couple years, I had lost interest in the sport. Despite this, my love for the sport was revived when I was 25, as I started to get back into the sport".

When I asked about Badminton, he spoke about how it is a sport which requires fast reflexes. He also stated that the sport is very much like tennis.

I then asked about how Badminton Club has been going and he said it has been going really well, and that attendance has been really good as more KS3 students have been joining.

Unfortunately, that is all we were able to get from Mr Healy. I hope you enjoyed this article and have a great day!



Year 9 Relay Highlights

By Hayden 9E

With students' blood pumping, competitive tension at an all-time high and students ready to play for year-round bragging rights, the Year 9 Relay races were finally underway, a place where the fastest people in the year compete in a test of speed, stamina, endurance, and teamwork in order to claim those first-place bragging rights. 8 participants from each form all gathered to begin their races starting with the A-Teams. For these races, Hurst's A-Team, consisting of Timi, Harvey, Raynon and Dimeji dominated first place, finishing 4 seconds ahead of Cray, in second place, at a staggering 52.06 seconds compared to Cray's 56.28 seconds. For the other forms in Year 9: Wickham finished 3rd at 56.34 seconds, Eardley finished 4th at 56.97 seconds and Abbey finished 5th at 58.99 seconds; an incredibly close race all in all. Unfortunately, for Brampton, their A-Team stumbled to last place at an incredibly disappointing 59.05 seconds. Better luck next time, Brampton.

Moving on to Year 9's B Team's, Hurst claims an extremely close first place at 51.71 seconds against Cray's 52.34 seconds, making an extremely close gap between these 2 forms. For the rest of Year 9: Wickham's as well as Eardley's B-Teams finished with Derek and Beejay finishing side-by-side in the final handover. at joint 3rd, both finishing at 52.81 seconds and Brampton finished in 5th place at 53.06 seconds. Despite the rest of Year 9 scoring rather close timings, Abbey's B-Team was unfortunately left in the dust, finishing at a whopping 63.65 seconds after _____'s valiant effort to cross the finish line, causing Abbey to be the only form to have finished after more than a minute. You'll get it next time Abbey!

Year 8 Relay **By Noah 8W**

As the racers went to their stops, the crowd of excited children and form tutors nervously chattered about who they thought would win. Each form had picked their runners extremely carefully. These were the best of their form.. The relay races B, C and D were won by Year 8 Wickham. Overall, Wickham won the Year 8 Relay. Well done to all who competed in the races. Below are some pictures from the relay.



Theo Radley, 8W

Sam-J Akrasi, 8W



Erik Poga, 8W

1500m By Thomas 9A

My Experience

The 1500 meters, most say it's the most brutal of the string of events that occur on Sports Day due to the sweltering spell of the summer sunshine and the cruel longevity of the event. This, however, was one of my stronger events as although I am not particularly fast, I have a good tank of stamina and competed in the race before. Instead of the previous events that can only be compared to a stampede of buffaloes first to their prey, the 1500 is reliant on a more tactical approach, for example, what breathing pattern works best for you or where you will begin your final sprint. Last year, I ran and came 5th out of 12 so I was hoping for an improvement this year.

Racing this year was predominantly a mixed bag of people, people that ran every year and were pretty experienced in the field and the other few were last minute replacements and honestly appeared to be quite overwhelmed. My preparation (you could say) was running Parkrun with my dad every weekend, where you have to run a total of 5 km in as quick as possible, so I felt fairly confident. However, as Mr Beaney called on the loudspeaker for the participants, the anticipation began to lurk inside of me and as the gun boomed I felt the rhythm of the pace I would be running the first few laps on. Allistair in 9H set the speed and took an early lead whilst I made my way to the middle of the pack, slowly people dropped like flies to the back of the race, neglecting the advice to keep a steady pace. Gradually people found their rankings in the race as the sun tickled and eviscerated our skin. As I approached the final lap I was in 6th place which I attempted to change with my last burst of energy; this lap is always the most exhilarating. I ended up coming 5th as a result of overtaking with a last push. As I walked back into the crowd my lungs begged for air and my face was drenched in sweat yet the warmth still hadn't gotten to me as I was satisfied with 5th place. There's always next year.



An Interview with Mr Timothy

By Edwin 10C

With Sports Day 2023 all but a fond memory, I wanted to take time to learn more, not only about the day itself, but about our very own PE department at our school. That being said, I tracked down Mr Timothy from the department for an interview about everything sports-wise, and here's what we spoke about:

What is it like being a PE teacher?

I wouldn't do it if I didn't enjoy it! Its a little different from, say, a History teacher as we don't have anywhere near as much marking, but the afterschool sessions and weekends add to the work load. I'm an all round sports person and enjoy most sports so trying to teach / coach them isn't that bad. However if you asked me in January or February when we didn't have the sports hall you might have got a different answer!

What was your sports day experience like?

I'm in agreement with the staff I've chatted to since the event and we all believe it was the best Erith Stadium sports day so far! I ran the Shot Putt with Mrs Roe and we could feel the atmosphere in the stands being generated by the students and staff there.

Why do you think it's important for young people to stay active?

It is a medically proven fact that even the smallest amount of exercise on a regular basis is a great form of physical and mental stress release. It can be difficult sometimes and hard work, but ultimately exercise in some form is beneficial to all of us.

What sport(s) do you enjoy?

Most! Rugby is probably still my favourite sport, followed closely by Football but I'm also a fan of Wigan Rugby league. I enjoy watching Tennis, Athletics, Volleyball, American Football - like I say, most sports!

An Interview with Mr Timothy

By Edwin 10C

What sport would you like to see implemented into our curriculum?

Oooooo that's a good one! I'm not sure we need another sport added but I would like to see us spend more time on maybe Volleyball and Softball - although I keep getting emails about Quidditch in schools so maybe one of these days I'll say yes to the email and see what happens! Have peers asked the Student Council for any new activities?

And that concludes my interview with Mr Timothy! It was a great experience learning more about a subject that I feel sometimes we take for granted, despite the fact that the majority of the school take part in it. With that, please join me in thanking not only Mr Timothy, but the entire PE department for keeping us fit through torrential rain and extreme heat. And who knows—maybe one day Beths will be offering Quidditch as a subject in the near future!



BEST OF THE BETHS

Thank you for reading this special Sports Day themed edition, chock-full with stories from Sports Day 2023, from recounts of the day's events to multiple interviews delving into some of our staffs' sporting passions.

We had a whole range of writers, from Year 7s to Year 9s, and I hope you appreciate the hard work they've put in to communicate the true value of Sports Day.

Please let us know everything you liked about this edition and what you'd like to see in the next, in the last article of the year, at: msstevens@beths.bexley.sch.uk

-Regards from the Newsletter Team