

Best of the Beths

2022 Sports Day Edition





BEST OF THE BETHS

For the students by the students.

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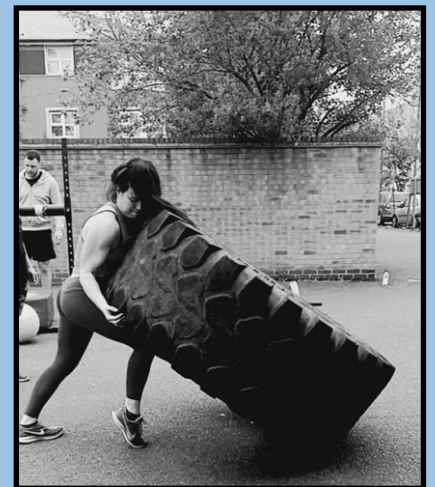
Weightlifting by Ms. Ewing



All my life I have been interested in sports. At school I was on every team and signed up for everything, from trampolining to basketball to football. Outside of school I swam everyday and competed at nationals, up until I left University in Durham. I loved it all, not because I was very good at many of the sports (my football skills leave much to be desired) but because of the friendships and teams I got to be a part of.

When I left university and started teaching I didn't have time to train twice a day, and my students were becoming faster than me in the pool, so I decided it was time to try a new sport. After trialling (and not enjoying) cross country running, I joined my local crossfit gym. Here I learnt to handstand press up, flip tyres, pull vans and lift weights. I started enjoying competitions again and when I moved to London, joining a gym was my main priority. I am now part of a weightlifting club and am surrounded by both physically and mentally strong people, that help me to be better. Weightlifting teaches you that it's ok to fail, as long as you pick the bar back up and keep trying. The reward when you make a lift that you have failed 3 times before, or chased for months is so much greater than one that comes easily.

It's a great sport to be involved in and one that I wish I had started younger. The kids and teens at my club are incredible and I would encourage anyone to give it a go!



Wickham Win for Year 7 Sports Day by Dominic 7H

On Thursday 16th June from 9:15 -12:00, the year 7 sports day commenced. There were lots of events, including sprinting, long distance running, relay, javelin, discus, and shot put. There was also long jump, high jump, and triple jump. The rules for the track events are quite simple. The competitors compete in a series of heats and whoever wins those heats earns a place in the final run and whoever wins that is the overall winner of that track event. However, long distance running requires competitors to pace themselves and be strategic with their speed.



Javelin involves competitors throwing a long pointy spear, or javelin. There is an optional run-up for the javelin as well. If the javelin is thrown and the back end of the javelin hits the ground before the front end of the javelin, it is a foul throw and the throw is not counted. Competitors must throw the javelin as hard as they can. Whoever throws the furthest wins.

Wickham Win for Year 7 Sports Day by Domonic 7H

Long jump is fairly self-explanatory. Competitors must jump as far as they can. Whoever jumps furthest wins. High jump is again pretty self-explanatory. Competitors must jump as high as they can, to get over a pole. Whoever jumps the highest wins. Triple jump is a bit different. Competitors must perform a hop, a bound, and then a jump. Whoever jumps the furthest on that final jump wins. Discus is similar to javelin except that instead of a javelin being thrown, a heavy disc is thrown. Whoever throws it the furthest wins.



The overall mood of year 7 on sports day was mostly very happy and supportive. A notable moment of support from year 7 was a giant banner saying 'GO HURST' and a notable event for year 7 was the tug of war. The A team and B team win goes to Cray so well done Cray! The standings for year 7 and year 8 standings combined are:

1st Wickham, 2nd Cray, 3rd Eardley, 4th Hurst, 5th Brampton, 6th Abbey
Well done everyone! Well done Wickham especially for the win. Bye!

Sports Day

by Graeme 7B

On Thursday 16th June, students from Beths competed in multiple events to win house points. The day began with students arriving at the car park, where we all waited with our forms. At 9:00am, people began to trundle over towards the stands. Following that a voice crackled on the speaker saying, "Come over to the field for a warmup!".

One student commented that the warmup was, "Alright however more leg stretches would've been nice for running events." and Mr Temple subtly hinted, "I hope Abbey win!".

Whilst sprints went on in the background, all tug of war teams struggled for the win. First up was Eardley vs Brampton B, where two decisive rounds saw Brampton B finish with a 2-0 win. After teachers calmed the crowd, the next match took place (Abbey vs Hurst A teams). The first round ended quickly (within a matter of seconds) and it was in favour of Abbey. Chants of, "Let's go Abbey," egged the team on, as they slowly reeled in the Hurst team. Suddenly, multiple people on the Hurst team lost their footing, which sealed the whole team's fate. Hoping to get back up after their previous loss, Eardley's A team faced off against Brampton's. It started off much like the other matches, with Eardley pulling off a quick victory. However, after a last-minute replacement, Brampton managed to get a close win." FINALLY, something to talk about!".

Hopes were high for the Brampton house, yet they were quickly dashed by a triumphant Eardley winning 2-1. The last match was Cray vs Hurst B team. This game ended like the most of the others with a 2-0 win, going to Cray.

Sports Day

by Graeme 7B

Around 10:30am, I walked over to the high jump to see what was happening there. The selected year 7s from their forms quickly cycled through 1.05m, 1.1m, and 1.15 , with very few fails. However, in the end, the top three on high jump were Fegor 7B (1.35m), Emanuel 7C and Eric 7W (1.30m).

Meanwhile in discus, Ethan Sun from Wickham held 1st place as the last disc was thrown. His throw measured 20.52m, leaving him securely in 1st followed by Abdulmakeet in 7E (16.13m) and Jack .T (15.9m).

At the end of the year7/8 section, points were announced leading to outbursts of cheering from the crowd .

Sports Day

by Noah 7W

On June 16th: in Erith sports stadium, the excellent staff at Beths Grammar School were able to organise the annual event known as Sports day. Students were chosen from each house, to compete in 12 activities known as 100m, 200m, 300m/400m, 800m, 1500m 4x100m relay, high jump, long jump, triple jump, shot, discus and javelin. For year 7 the event started at 9:30.

The commentator called everyone down from the stands and onto the field to do a warm up and the general atmosphere was buzzing. Students did some quick warmup drills, in order to get our blood pumping and reduce risk of injury. After the warmup, the games began. I took the time out, so I could get an insight into how people felt about Sports Day.

Gabriel 7W said:

“My house was very encouraging and this gave me the drive to push.”

Jamie 7B stated:

“I felt very supported but I think that I could have gone further”

Lucas 7H said:

“I feel very happy and very encouraged by my house but I think I could have gone further.”

Ethan P 7E said:

“I feel in the middle because I know that I could have done better but I don't feel discouraged because this was my first try. If I keep practicing, who knows, maybe I might end up in the Olympics”



With a positive viewpoint from the students, I decided to see how sports day might affect the staff as well.

First, I interviewed Mr Beaney, who was a very important figure in the development of sports day.

“I think it’s really nice to get everybody together as a community. I think it improves the relationship between year groups. We all get to celebrate as a house and you all get to cheer each other on. I also think that it is a good way to end the school year.

If you are a science teacher like me, it is nice opportunity to get to know students in a different way. I am so impressed by the sportsmanship and athletic ability of the different forms.”

Next, I moved onto Mr Waite, a PE teacher in charge of the javelin event.

“ I think Sports day is a great opportunity for teachers to come out of their respective offices and do something a little different. It is a nice time for teachers to get some fresh air and enjoy the summer day. It also helps students to become more well-rounded and more respected for their physical abilities as well as their intellect.”

I also interviewed Mr Glendinning, my Geography teacher.

“It is nice to see students spend time together outside of lessons and bond and to hear the crowd’s cheers come together as a community. I think it is definitely an event to look forward to and as we’ve had tons of exams it is nice to relax, a day away from school.”

And lastly, I interviewed a former Beths student Trevor Collins!

“ I did everything from the 400m to the 1500m. I think it was something to look forward to. I felt like I got closer to my teachers and as I wasn’t very good at anything else, sport was my forte.”

I would also like to thank Ms Stevens for her help, with putting this article into Best of Beths.

In conclusion, I think that sports day was a success for both students and teachers.



Javelins

by Ashwanth 8B

Spirits were skyrocketing. Just like javelins.

“What is javelin?”, you may ask. The javelin event is a field event where you throw a metal pole, as far as you can. Unlike shotput or discus, javelin has a lot more rules. For example, it cannot land back-first and this makes it one of the harder field events. For our year, the javelin event was won by Ajisola in Eardley followed by Isaac in Cray and Michael in Brampton.



The Houses at Beths

by Nathan 8W

At Beths, you have 6 houses: Abbey, Brampton, Cray, Eardley, Hurst, and Wickham. House points can be gathered up in various ways, such as through competing in competitions or events. Each year, there is a sports day and the winner gains house points for their house; at the end of the year, the house points are counted up and the winner gets the trophy for the next year. Last year, Wickham won the house cup and the sports day! As well as house points, we also have commendations, which are counted up for each house. However, they are mainly used more on a smaller scale and are awarded to individuals, instead of directly to houses. Commendations are great because they give you something to work towards but personally, I like house points because they introduce a greater community aspect into the school.

The lead up to sports day is one of my favourite times of the school year because you have everyone practising for their event and trying to be the very best at it. Everyone is talking about who is doing what event for their form and how exciting that event will be because the competitors are usually so similar in skill. I may have a biased opinion in saying my form is the best but (in my time) my form has done very well coming 1st for both years that I have been here. You also learn a lot about the



younger and older forms in your house because you would usually not have much interaction with them.

As of Friday 17th June, Hurst has the most house points with 3263, Wickham in a close second with 3221, Brampton in 3rd with 2962, Abbey in 4th with 2827, Eard-

The Houses at Beths

by Nathan 8W

ley in 5th with 2345, and finally Cray in 6th with 2269. These scores have not been updated since Sports Day, so anyone could win. I really do mean that as well because at Sports Day, Wickham came 1st, Cray came 2nd, Eardley came 3rd, Hurst came 4th, Brampton came 5th and Abbey came 6th, which was very surprising to many of us at the time. So, it's all still to play for.

During the day, you have track and field events. Track is most people's favourite because it can be so close, or it could be an easy win. Events range from 100m to 1500m, and some people end up getting really good at races, which means you can't stop watching at times. This was during one of the relays and everyone was watching cheering for their form hoping that they could win.



Tug of War

by Jack B 8E

Tug of War consists of all forms trying to pull the opposing team across the line. Each form has a B Team and an A Team.

The first Tug of War matches in Year 8 were the B Teams. The first B Team match was Eardley against Brampton. Take the strain, pull!

It was a tense pull, Eardley was pulled forward, then Brampton pulled forward by Eardley. Overall, the match lasted for 30 seconds of continuous pulling. After pulling for what felt like forever, Eardley came out on top. To win, a team has to score 2 successful wins, so the teams had to switch sides on the rope to make it fair, but Eardley won again, and this time the match lasted much shorter.

The next B Team match was Cray against Wickham. Take the Strain, pull!

Cray won their matches on their side of the year (Abbey, Brampton and Cray) so this means that they were top of their half of their year. Wickham also won their matches on their half of the year (Eardley, Hurst and Wickham).

The match between Cray and Wickham was a longer match than the previous one against Eardley and Brampton. Each team would be dominating but then it would quickly switch, so that the other team was winning. The teams were pretty much equal for the entire match, until somehow, Cray came out on top and beat Wickham both times.

Next up! The A Team matches

The first A Team match was Abbey against Hurst.

Take the Strain, pull!

Tug of War

by Jack B 8E

This match was a pretty equal one with Abbey beating Hurst, then Hurst beating Abbey. This meant that the next team to win would win the match. Both teams fought to win but overall, the strongest team who won was Abbey. Abbey were the winners of the first A Team match.

The next teams to go head to head against each other was Brampton and Wickham. Brampton and Wickham both came second in their respective matches, in their halves of the year. Overall, Brampton beat Wickham 2-0, even though Wickham did put up quite a good fight but.

The last match was fought by both of the first place teams from each side of the year– Cray and Eardley. This was probably, in my opinion, the best match of this year. This match was very tense and each team had both scored a point against each other. The score against each team was 1-1, so the last match would determine who won the A Team match. After so much pulling, tugging and exertion, Cray came out on top against Eardley scoring first place, with Eardley in a close second.

The Unexpected Pump from Sports Day Triple Jump

by Rhaeniel 8B

With the festive sports day done and dusted, someone has to write about the excitement. That's what I'm here for, but for one specific event- the triple jump.

So what is triple jump you may ask. Well it's a field event that much like high jump and long jump require a run up for a distanced jump. However, triple jump is more sophisticated than the others. Much like the others, it starts with a run, but unlike the others, it's followed by a step and then an jump. It may seem simple, but it is quite difficult!

Because the overall rankings for year 8 were Hurst, Wickham, Hurst, Brampton, Cray, Abbey, you'd expect Hurst to have made it into the top four. And that's the case! Hurst and Brampton dominated the triple jump with them having both their competitors in top four. Their efforts were not futile as these small differences were what made the difference- in the overall rankings, Brampton beat Hurst by around 10 points, putting them 4th place!

"The competition was quite tight with hurst taking the lead at the start with massive strides and jumps until... Brampton came along and did a spectacular jump"

-Oluwadamilare Ogundalu 8C, a competitor in the triple jump.



All Rounder

by Mustafa 9H

As most of us are aware, "Sports Day" is a day of celebration in which all students are welcome to participate and enjoy the electrifying environment; it's an exciting opportunity for Beths Grammar School students to demonstrate their abilities and wow their peers. This year, it was held at Erith Stadium on Thursday, June 16—one of the hottest days of the year, making for a particularly passionate and intense day.

Our teachers seated us in form and instructed us on how the day would go: how to behave throughout the event, how to maintain morale, and how to leave the place. Following that, everyone headed to the field and stretched in accordance with the teachers' directions to guarantee our safety.

The audience was cheering for their respective houses to win, creating a friendly competition. But, sadly, not everyone can succeed... Regardless, everyone displayed outstanding sportsmanship toward the adversary and applauded them when needed.

The relay races, especially the 1500m run, were extremely difficult. Hurst had the lead in the 1500m when the runners began, but Abbey rapidly took control and began putting distance between them and the other races; the crowd roared, Max in 9B won by a sizeable amount and uplifted everyone's mood. In fact, Brampton was very strong in all events this year.



"It was hard work... my lungs felt like they were burning." -800m runner

All Rounder by Mustafa 9H



"Tug of war was difficult and we started off well..." - Hurst Tug of War participant



"It's hot... It's very hot." -Teacher

<i>Rank</i>	<i>House</i>	<i>Points</i>
1	Brampton	170
2	Wickham	151
3	Cray	149
4	Hurst	136
5	Abbey	120
6	Eardley	118

After all the events had concluded, everyone's attention was focused on Mr. Beaney. The audience was deafeningly quiet as they awaited the outcome.

Congratulations to Year 9 Brampton for winning Sports day!

One final thanks you to the students and the staff for participating in the event.

Sports Day

by Bendek 9W

Spirits of hundreds of children were jubilant and morale was high as Beths Grammar School kids embarked onto their different events, on this afternoon in June. The weather blessed us with some beautiful sunshine today, which perfectly described the cheerful atmosphere of countless kids egging on their fellow peers and members of their form, as they took on their individual races.

Year 9 had some very feisty and entertaining events with many people (to name a few– Chinaemere, Kemuel, Zedaine and Ossy) nearly breaking school records! There were many impressive runs from a various number of houses, with an outstanding comeback from Wickham which nearly took the audience off their feet! This was largely due to Zedaine, making an amazing comeback from 5th to 2nd in the final quarter of the race! I'm sure you would agree this is just brilliant! We saw many more outstanding events from other pupils and witnessed a range of winners from many forms – all the way from Abbey to Wickham. However, not only did we glimpse inspiring track events, we witnessed some entertaining moments on field as well! A special mention to Josh in 9H and Kelvin in 9W, who threw many successful and impressive throws on discus!! Over on the high jump location, Chinaemere (high jump winner) and Kemuel (high jump runner-up) attempted to place their names in the Sports Day Hall of Fame, with a challenging jump of 1.75m. Unfortunately, they were unable to complete this complicated jump. As an audience, we have to stay patient and wait for another year to see who is audacious enough to complete this unaccomplished burden; a record unbeaten since 2014.

However, one of the events that gripped the audience the most, was most definitely the Long Jump. The events were really end on end, which not only had me, but the rest on the audience, gripped on the edges of our seats. Max in 9H started off strong, with a couple of impressive jumps but sadly were just out of the medals bracket, coming in 4th place for Hurst. Max then passed the stage on to oOssy, with Ossy completing a record jump of 5.8m!!

Sports Day

by Bendek 9W

However, he accidentally landed hands first- which ridiculed any chance of him accomplishing the school record. Better luck next time Ossy!

Podium for long jump: 3rd -Jamie 9A

2nd -Ossy 9H

1st -Zedaine 9W

In the latter stages of the event, after all the events had ceased, the atmosphere immediately shifted from a sense of happiness to a place of tension. not as much as a whisper could be heard, and all eyes were hooked onto Mr Beaney, as he revealed the tally of points accumulated by each house. Of course, Wickham won overall!

My Sports Day

by Zedaine 9W

On June 16th, years 7 to 10 came together to put their sporting prowess on full display. For many, hours had been spent just to prove themselves on this day. It was breath-taking in every sense of the word. Grit, sportsmanship and determination were seen throughout all years, but I would be lying if I said year 9 didn't take the edge.

The 100m is widely proclaimed as the most exciting event in any athletic event; it is as short as it is strikingly stunning. All houses had an A and a B runner for this event. The B runners ran first, a choice done to hold the crowd over, until they could sink their teeth in the A race. The competitors in the B race were Michael (9A), Navon (9B), Emmanuel (9C), David (9E), Josh(9H) and Bendict(9W). A tight race none can deny but the gold was taken by Bendict in 9W, with Navon coming in 2nd and Josh 3rd. The A runners lined up shortly after. Several saw the outcome of the race was obvious, since Zedaine in 9W swept the floor with the competition last year and broke the year 8 record, finishing his race in around 11 seconds. However, much had changed in a year. To many others, it had become evident that he was no longer in shape for the majority of 2022. He had even lost his touch. This could be seen no clearer than at the Bexley Athletic Tournament, where he fell in the beginning of his race. Although he caught up



My Sports Day

by Zedaine 9W

and came second, it left a brutal wound in his ego and confidence.

This was his one and only chance to redeem himself and to him, it was no easy race. His main competition was Jacob in 9B and Temi in 9E. Mr Temple was even heard to say that his money was on Temi. So now, it was their time to prove themselves. Each competitor took their stance, some crouched and others stood firm and ready.

“On your marks... get set... GO!”.

They all flew off and stormed toward the finish line. The beginning was close. No clear winner yet. Then he came. Zedaine darted ahead of the rest and in an instant, he had passed the finish line. Shortly behind came Jacob, then Temi, in second and third. The only way to describe it would be to compare it to a fire ember– fiery, spectacular and short-lived. I feel bad for those who blinked. All I know is next year’s sports day will be like no other and it will be their last. Will Zedaine keep up his streak? Or will Jacob, Temi or another snatch the top spot?



Mini Interview with Mr. Collins

by Levi 10B

Mr. Collins is former Beths Boy, who went here 62 years ago. Luckily, I had the privilege of interviewing him. So, here's some of the things we discussed:

Why do you like Beths?

I used to go to the old Beths school when I was younger and even though I wasn't incredibly good at school, my favourite thing to do was sports. I was quite good at running and I remember having won the cross country, 1500m race and 800m, 2 years in a row.

I like how Beths has kept their traditions the same. It is nice that the school can all come together for sports day.

What is your favourite event?

5 miles event.

What is your profession?

I worked in a huge variety of different things. I worked as a surveyor, then I worked in the construction industry for about 10 years. After this, I was a lecturer at Bexley Technical College for 15 years (before it was moved and renamed Beths). My favourite job was when I taught military officers for 15 years. I taught them MSc Military Engineering. Now, I'm retired and I enjoy working for myself as a structural engineer, which is all to do with the foundation of buildings, walls and all that stuff.

What's your favourite memory?

When I was a schoolboy, we used to have sports afternoons like these every week. We'd come down and do cycling or sprinting and I used to enjoy them dearly.

The True Stars of Sports Day

by George Reynolds

Even though Sports Day was about the students, it could not have been done without the help of the teachers and staff. They all played different roles ranging from keeping the students hydrated and safe during the scorching temperatures, to keeping track of the time. In the middle of the field sat the tent where all the all the points were recorded and totalled. This was all done over a computer. We also had the first aid team ready to quickly resuce anyone who may need help. Furthermore, we had a few teachers like Mr Beaney and Mr Hayman commentate and announce winners. Teachers also supervised the events like Mr. Smith (for example) on the high jump, where students had to jump over a pole without touching it. The PE teachers also overlooked the javelin and shot-put events. We where also lucky enough to have a few sixth formers come down and assist us too. With the work of all the teachers and staff, we where able to have such an enjoyable day so on behalf of all the students, we'd like to say thank you.

Mr Webb's Sport Day Report

It was a glorious day for Sports Day 2022, as the year 7 & 8 students began to arrive in their numbers. As the staff and Senior Prefects got set up for the day, the students began their mass warm up led by Ms Ewing, which, if not already, got their blood flowing for an exciting day ahead.

The events kicked off at around 9.30am with the year 8's starting in the field, and year 7's on the track. Following an announcement from Mr Hayman, the students made their way to their events, with the cheering and encouragement from their forms behind them. Despite the heat, everyone showed a great enthusiasm and energy, which really made for a fantastic atmosphere for the day.

On the track, Derek O 7E and Kyros O 8E won their respectable 100m races in outstanding times, with Sean M 7C and Harvey O 8H winning the 200m. With the continued support of the crowd, Ethan D 7E and Daniel F 8H ran brilliantly in the 800m, which were then followed by Ollie A 7C and Leo 8W in the 1500m. As the temperature continued to rise, it did make the long distance events challenging. However, it was great to see Jack B and the Senior Prefects run alongside the participants for some additional encouragement.

Some noteworthy performances in the throws were Ethan S in 8W winning the year 7 Discus, and Josh T 7A and Raynon R 8H in the Shotput. It was a dominant performance from Brampton in the High Jump, with Fegor A 7B and Oscar E-L 8B both coming out on top, showcasing some excellent Fosbury Flop techniques.

It was a clean sweep for Cray in the Tug of War finals winning both the year 7 and year 8 competitions. As the morning drew to an end Eardley finished on a high, winning both 4x100m competitions, putting in an excellent display.

Once the results had been announced and year 7 and 8 had departed, it was quickly time for the year 9 and year 10 competitions to begin. Following several complaints, Mr Beaney had now taken over on the microphone duty, and began directing students towards their first events.

Mr Webb's Sport Day Report

With some brilliant performances and sportsmanship shown, we had Zedaine 9W and David O 10W winning their 100m races, and Jacob 9B and Osbourn 10C winning the 200m. Meanwhile in the field David 9E and Ola 10W were triumphant in the Shotput, adding to their House totals. It was a double for Brampton as Chinaemere in 9B and Aidan 10B won the High Jump with some outstanding jumps, reaching over 1.60m. In the long distance events, Aidan 9W and Alex 10W were successful in the 800m, with Max 9B and Michael 10E winning the 1500m.

The penultimate event of the day was the Tug of War, which saw Eardley winning both the year 9 and year 10 competitions. Finally, we had reached the 4x100m relays, of which everyone was visibly excited for, knowing this could be the deciding event. As they set off and came round the final bend, it looked extremely close, with Cray edging it in the final 100m in both races; a thrilling end to what was a fantastic day.

Whilst the final scores were being calculated, it was then time for the annual Staff v Sixth Form Tug of War event. The Sixth Form had a good start. However, despite having more people, the Staff quickly showed their experience and eased over the line, giving us another year of bragging rights. Once the scores had been finalised, Mr Beaney then addressed all of the students to announce the overall winners. In ascending order, it was confirmed that Wickham were the winners of Sports Day 2022, which was followed by a loud cheer and celebration by the Wickham cohort. Well done to Wickham, and well done to everybody who took part!



BEST OF THE BETHS

For the students by the students.

Thank you for reading this special edition of the newsletter. In this issue, we had more input from the lower years of the school, which was great to see. Sports Day was such a fantastic event and really represents the true ethos that we have here at Beths.

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

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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