

BETHS VIP

Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER



Dear Parents, Carers,

The first week of the Year 12 trial examinations completed and has gone well so far. We praise our scholars for the approach to their exams in a calm and focused manner. The exams continue until Thursday next week.

As part of the school uniform policy all scholars are required to wear the correct uniform especially during their exams. This includes school shoes, blazers and lanyards.

All schools can be inspected by the examination boards at any time and correct uniform is part of the exam conditions.

Since returning from the Easter break we have focused on the school uniform policy ensuring our scholars are in correct uniform and looking presentable. The focus has been on having shirts tucked in, top button done up, correct trouser colour (and not hanging below the waistline, a belt may be worn if this is the case), sock colour (dark grey or black) and ensuring their lanyard is worn at all times (except during PE of course!).

Next week we will focus on mobile phones not being in sight during lesson change over. Mobile phones are currently only used during break and lunchtimes and in lessons where the teacher has deemed it necessary, they should not be out any other time.



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Our Sixth Form cohort received a valuable insight into Student Finances via the WizeUp charity this term. Next week our Year 7s will receive a presentation from the Police and on Thursday 2nd May our Year 10 Parents Evening in person takes place. The closing for bookings is Tuesday 30th April at 7pm.

Last Sunday we saw three of our teaching staff complete the London Marathon! A huge congratulations to Ms Smart, Ms West and Mr Webb on their achievement.

And finally, a plea to our parent community, to be courteous of our neighbours and not parking/blocking their driveways during drop off/pick up times.

Have a wonderful weekend,
Richard Blyghton

YEAR 9 LATIN BRITISH MUSEUM TRIP

On Monday, 22nd April, the Year 9 Latin class journeyed to the British Museum to explore the amazing permanent and temporary exhibitions on offer. In the morning, the students attended a lecture on life on Ancient Rome and learnt what historians could decipher from the artefacts at the British Museum and its rich catalogue of primary evidence. After lunch, we explored the Greece and Ancient Rome rooms and saw the artefacts up close. Finally, we attended the new exhibition 'Legion: Life in the Roman Army' which follows the story of one particular Roman citizen, Claudius Terentianus, through his life in the army. It was a thoroughly enjoyable and educational day!



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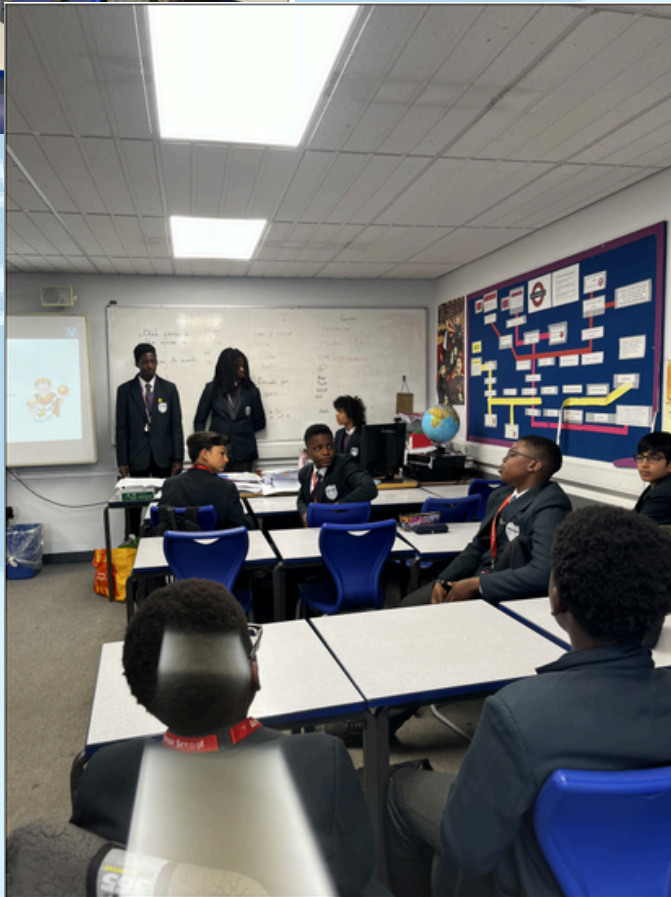
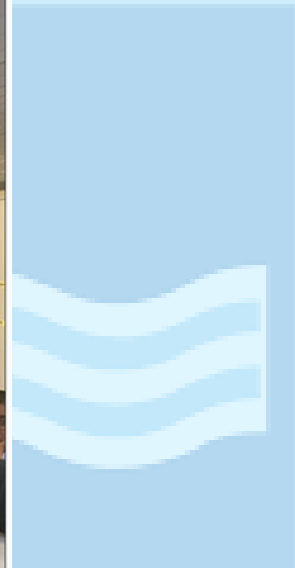
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LATIN FORUM

We kicked off Year 7 Latin Forum this week with an exciting introduction to Classical Myths and Latin. Ms Harris and Mr Simpson were very impressed with their knowledge and enthusiasm for the Romans and Greeks! We look forward to exploring the Roman Army and how the Romans built an empire next week- see you then!



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KS3 BETHS BOOK PODCAST

Unveiling our first KS3 Beths Book Podcast! Every month, our students take centre stage to unpack the wonders of literature, sharing their most passionate reviews and recommendations, and even hosting special guest speakers! March's issue is available to be viewed online!



**BETHS
BOOK
PODCAST**

KS3 Librarians
Scan QR code

First episode now
available!

The image shows the cover art for the 'Beths Book Podcast'. It features a large, stylized microphone on the left side. The background is a gradient of purple and pink. The title 'BETHS BOOK PODCAST' is written in bold, black, sans-serif font. Below the title is a black audio waveform. Underneath the waveform, it says 'KS3 Librarians Scan QR code' and includes a QR code. At the bottom, it says 'First episode now available!'.

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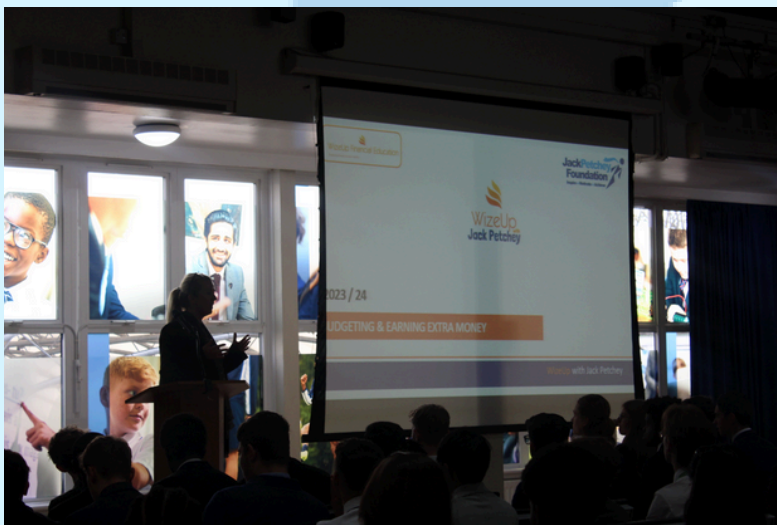
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SIXTH FORM BUDGETING WORKSHOP

Over the past couple of weeks, our Sixth Form students had the wonderful opportunity to attend a budgeting workshop provided by Wize Up and The Jack Petchey Foundation. The workshop covered various topics including earning extra money, managing your finances, how to save, bank accounts, savings etc. It was a very interesting workshop filled with interactive games, quizzes and presentations.



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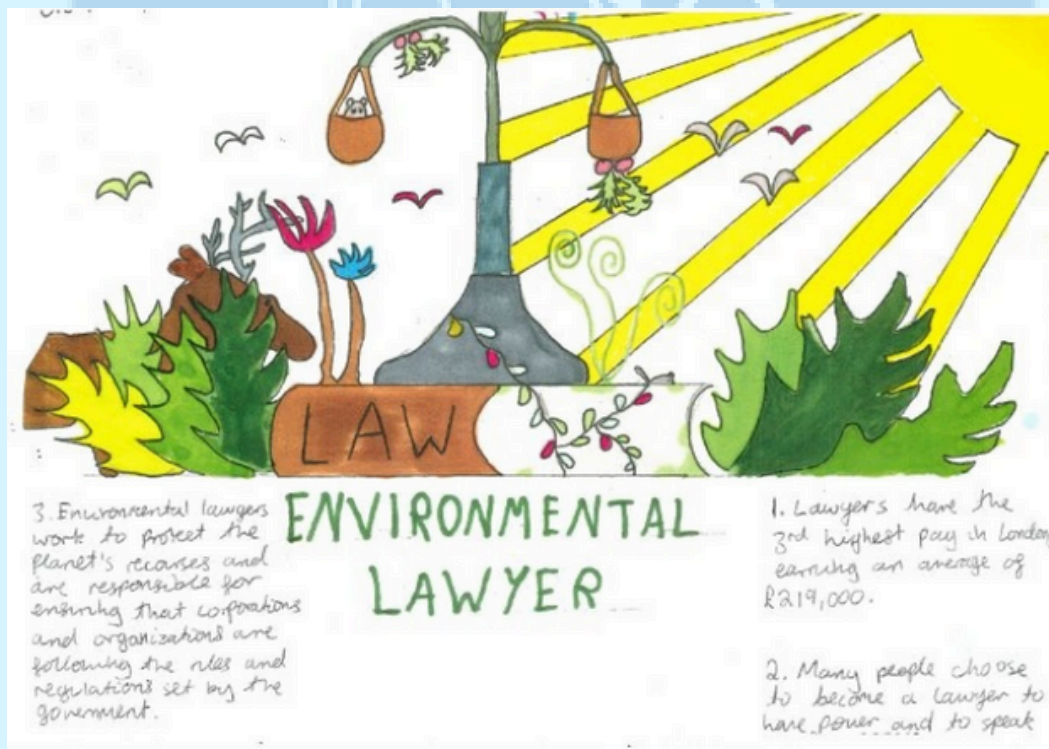
NATIONAL CAREERS WEEK (4TH-8TH MARCH)

National Careers Week (4-8 March) is a celebration of careers guidance and free resources in education across the UK and during the week all assemblies focussed on career journeys, next steps and opportunities. Students in Year 7, 8 and 9 designed posters about their favourite job in their Art lessons.

The entries were judged by the Art teachers, Careers Team, Heads of Year 7, 8 and 9, and Deputy Headteacher Mr Jones. The standard was incredible and there were so many excellent entries that it was really difficult to choose the winners. 36 students across the three year groups won prizes and House Points, and each year group had top three places and a special mention. The students came up with an amazing range of careers: Manga Artist, Chef, Judge, Animator, Programmer, Engineer, Astronaut, Mechanic, International Tour Guide, Quantum Physicist, Project Manager, VR Engineer, Architect and even a Freelancer.

Winners:

Year 7 - Oto W - Environmental Lawyer - 1st place



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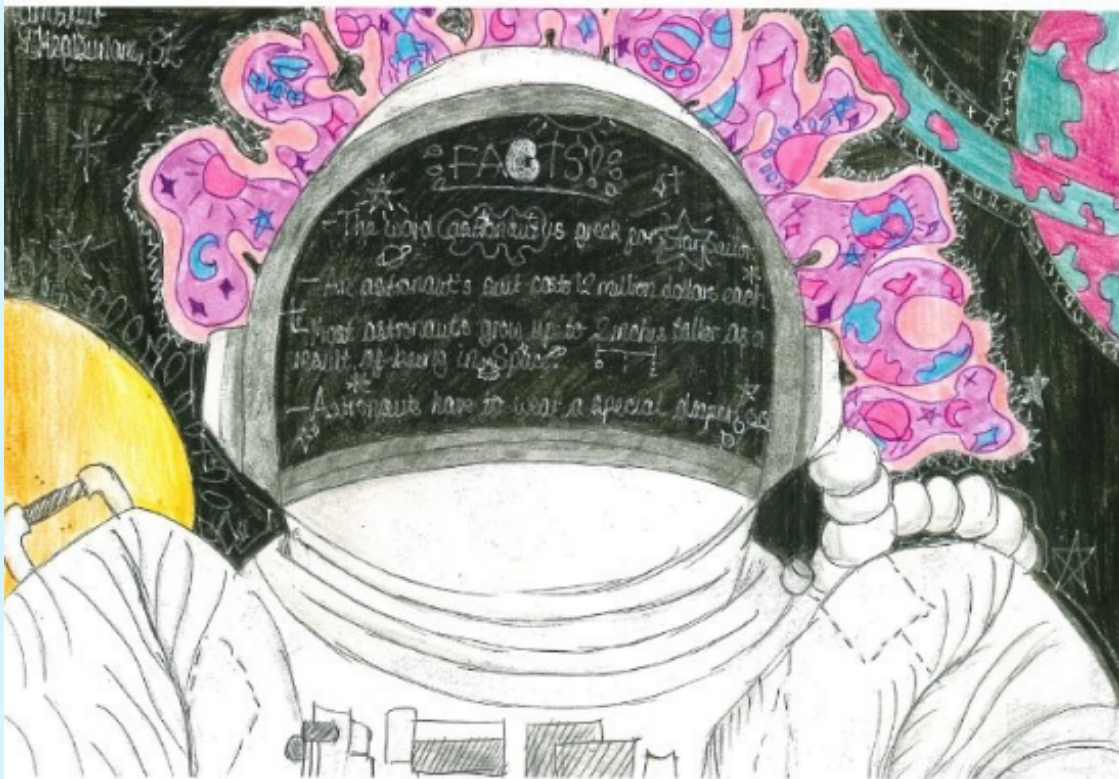
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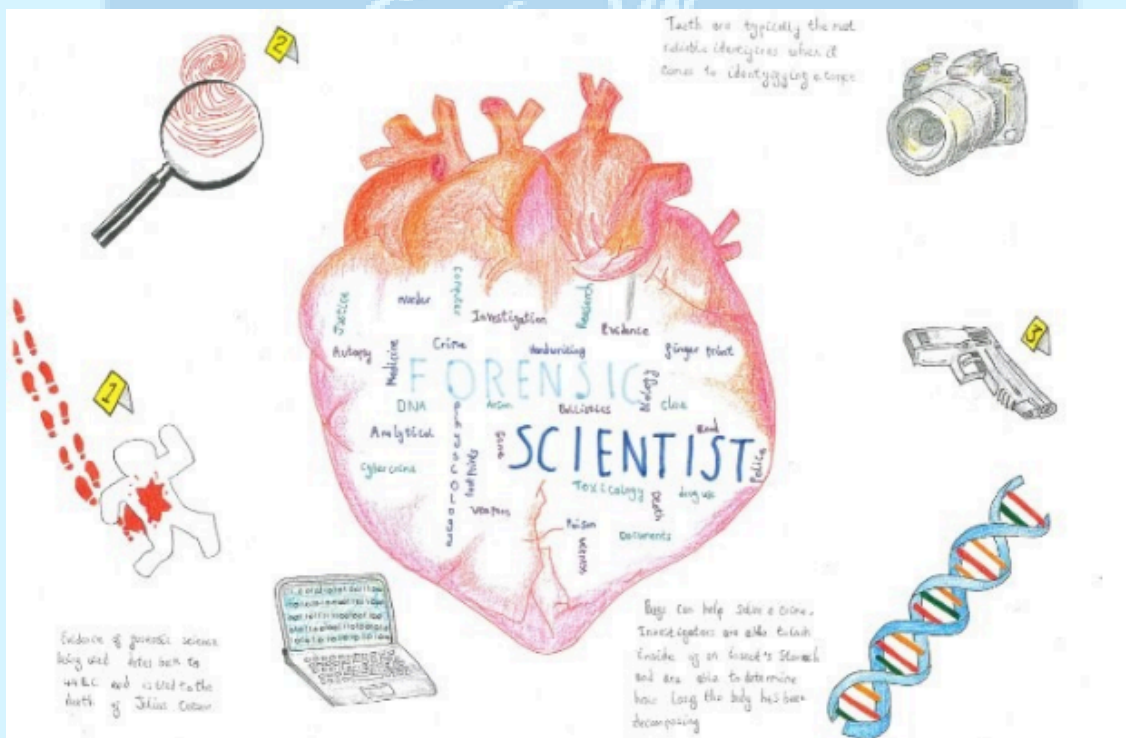
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NATIONAL CAREERS WEEK (4TH-8TH MARCH)

Year 8 Winner: Faeq 8B – Motorsport Engineer – 1st place



Year 9 Winner: Callum 9H – Forensic Scientist – 1st place



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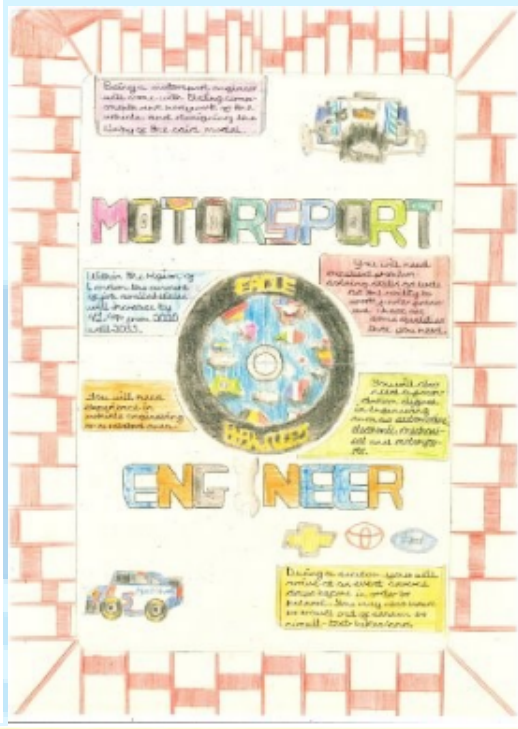
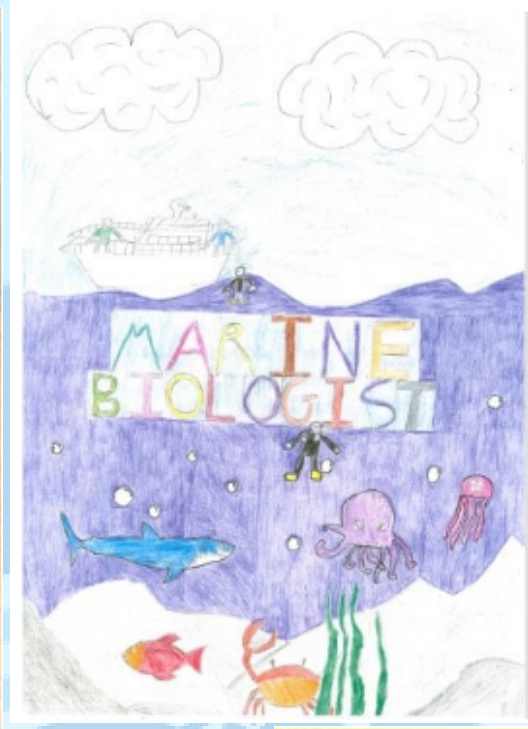
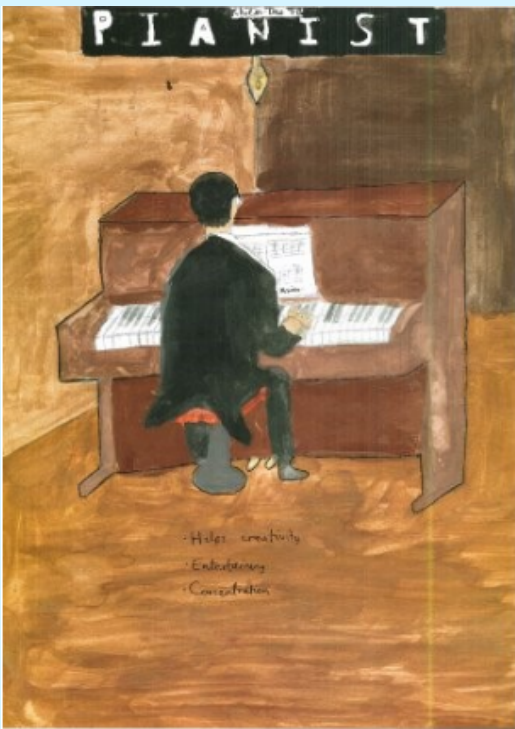


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NATIONAL CAREERS WEEK (4TH-8TH MARCH)



OVERVIEW Freelance artists & animators are independent professionals who create visual content for a variety of purposes, including illustration, animation, character design, & more. They typically work on a project basis, collaborating with clients from various industries such as gaming, advertising, publishing, and entertainment. These artists often have the flexibility to work remotely, manage their schedule & workload according to their needs.

ADVANTAGES Freelance artists & animators enjoy several advantages, including the flexibility to choose projects that align with their interests & skills. They have the autonomy to set their own schedule & work from anywhere, providing greater work-life balance & the opportunity to explore diverse projects & industries. Additionally, as a strong portfolio, freelancers can command higher rates & build a reputation within their niche.

SALARY The income of freelance artists & animators can vary significantly based on several factors, including their experience, skill, industry demand & the complexity of the projects. Freelancers typically charge hourly rates, ranging from 15-100 GBP. Alternatively, they may negotiate flat rates for longer projects, which can range from a few hundred to several thousand pounds. The potential for high earnings increases with experience, reputation, & the ability to attract & retain clients.

SKILLS REQUIRED Freelance artists & animators need a strong foundation in drawing & digital illustration, along with proficiency in animation software like Adobe Creative Suite, Blender, or Autodesk Maya. Creativity, attention to detail, time management, & effective communication skills are also essential. Freelancers must possess the ability to negotiate & be able to adapt to diverse project requirements & client preferences.



SPORTS FIXTURES AND RESULTS

Fixtures for week commencing 29th April

CRICKET					
Date	Competition	Team	Opposition	Venue	Start time
29.04.24	North Kent League	U12A	V Dartford Grammar School	Away	3pm
30.04.24	County Cup	U15A	V Hayes School	Away	2pm

*Please note that some matches may be cancelled/postponed and therefore we ask you to keep an eye on the SOCS website.
Beths Grammar School | Sports Home (bethssport.co.uk).

If you have any questions, please email us at
fixtures@beths.bexley.sch.uk



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HOW TO HELP YOUR CHILD MANAGE EXAM STRESS BY YOUNG MINDS UK

Young Minds UK have put together a helpful guide about how parents/guardians can support their young person during exam stress. To read the full article, please click here [Young Minds UK](#)

Topics mentioned: [exam time](#)

About: Exams are often a source of stress for young people. And after two years of academic disruption due to the pandemic, many will be experiencing them for the first time this summer. This blog explains how parents can help their children cope with exam pressure and achieve their potential, while also protecting their mental health.

Listen to their concerns

It's important to understand that your child may well be feeling worried at this time, and that this is normal. Encourage them to talk about their concerns, and reassure them that their feelings are valid and that you are there to support them.

Help with exam preparation practicalities

Helping your child to plan a realistic revision timetable, which breaks the days and subjects down into manageable chunks, will reduce their anxiety by increasing their sense of control and confidence. It will also help ensure everything is covered.

Discuss different revision techniques and help your child to identify which suit them best. It could be making flashcards or mind maps, watching online revision videos or talking questions through. If there are topics your child finds particularly difficult, make sure their revision plan targets these. And offer support by listening to a recap or testing them on what they have learned, if they find this is helpful.

Do ensure your child has a distraction-free place to study too. This could be a school or public library if there isn't a suitable space at home.

“ Helping your child to plan a realistic revision timetable, which breaks the days and subjects down into manageable chunks, will reduce their anxiety by increasing their sense of control and confidence. ”



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HOW TO HELP YOUR CHILD MANAGE EXAM STRESS BY YOUNG MINDS UK

Encourage healthy routines

Sleeping well, eating regular healthy meals and relaxing are important for everyone's wellbeing. Encourage your child to stick to healthy routines and to make some time for activities they enjoy – such as exercise, doing something creative, getting fresh air, seeing friends playing in person or online – as these help reduce stress.

Revision is most effective when combined with regular breaks, so make sure that your child does step away from their books. You could suggest a cup of tea and a snack, a quick walk or a TV programme they enjoy.

Relaxation techniques, such as focussing on breathing slowly or shoulder rolling, can reduce stress or help your child sleep if they are finding it difficult to unwind.

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Promote a sense of perspective – and don't add to the pressure

Young people can feel overwhelmed by pressure to get high grades in exams. It comes at them from school, peers, social media influences and more. So, while it's normal to want your child to do well, it's really important that you avoid heaping on more pressure, and that you help instil a sense of perspective. Avoid nagging and over-policing their revision.

Encourage your child to focus on realistic goals of their own, rather than to compare themselves critically to their peers or to worry about expectations other people have of them. This applies both to the amount of revision they are doing and to the results they feel they should get. If they are struggling, focussing primarily on the core subjects (maths, English, science) as well as one or two others they enjoy, may reduce stress and allow them to progress to their intended next steps.

Reassure your child that exam results do not define them; that they are far from the only measure of success; and that you are proud of them whatever happens on results day.

Look out for signs that your child is struggling

While some degree of worry or nerves around exams is to be expected, do be aware of signs that anxiety levels may be building. These can include sleep or appetite problems; difficulties with concentration; or physical symptoms such as nausea, sweating or palpitations.

If your child's anxiety is spiralling, encourage them to talk to you, or perhaps to a teacher, about how they are feeling. If you are worried that your child may be experiencing depression or longer-lasting anxiety, discuss this with the GP.



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KEEPING YOUR CHILD SAFE ONLINE

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes outed by suspiciously low prices tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outweigh any suspicions they may have.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/shopping-apps



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BETHS GRAMMAR SCHOOL,
HARTFORD ROAD
BEXLEY
KENT
DA5 1NE

Email Address: admin@beths.bexley.sch.uk

**Email Address (to be used for items/concerns of a more
'sensitive' nature): HeadsPA@beths.bexley.sch.uk**

Telephone Number: 01322 556538



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