

BETHS VIP

Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER

Dear Parents, Carers,



We are now halfway through the first term of the academic year, with events and trips planned for the coming weeks.

During each in-person assembly, I say a few words about the theme of the day. On Tuesday, the theme was the establishment of Stanford University in 1891, which opened its doors to students in 1895. This was linked to an ex-student, Komi, who left Beths in 2023 with four A Levels (A-A*). Although turned away by

Oxford and Cambridge Universities, Komi attended the prestigious University of St Andrews in Scotland for a year, studying Philosophy and Mathematics. During this time, Komi also completed an additional three A Levels and was later offered a scholarship at Stanford University to study Philosophy and Mathematics!

On Tuesday, we were due to have the NHS vaccination team in school for the flu vaccination (either nasal or injection) for those in Years 7-11 who had given consent. This has now been moved to Tuesday, 22nd October.



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On Wednesday, 9th October, scholars are invited to wear something yellow for World Mental Health Day. There will be a collection for the YoungMinds charity at the main gate in the morning for any donations (not compulsory). Scholars can wear a yellow jumper, t-shirt, tie, trainers, tracksuit, etc. If scholars wish to come in their own clothes, the outfit must be yellow-themed and prominent.

We would like to wish a Happy Rash Hashanah to our Jewish community and Happy Navratri to our Hindu community.



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- **Wednesday 9th October** – Wear Something Yellow day for YoungMinds.
- **Thursday 10th October**– Poetry Awards Evening in P3, 6pm
- **Thursday 10th October**– Poetry Awards Evening in P3, 6pm
- **Friday 11th October** – Year 12 Reports to Parents. Barcelona Football Tour depart.
- **Monday 14th October** – Year 11 Work Experience week. Barcelona Football Tour return.
- **Friday 18th October** – Year 11 Reports to Parents.
- **Wednesday 23rd October** – Apprenticeship Fair Evening
- **Saturday 26th October** - Cologne and Andalusia trips depart.
- **Tuesday 29th October** – Cologne trip returns.
- **Wednesday 30th October** – Andalusia trip returns.
- **Wednesday 6th November** – Paris trip departs.
- **Saturday 9th November** – Paris trip returns.
- **Half term break** – Monday 29th October to Friday 8th November

Kind regards,
Richard Blyghton



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YEAR 7 ENGLISH

7C have been learning about Greek Myths and Legends this half term in English. This week they were given a project to create their own version of Pandora's Jar. Here is what they created.



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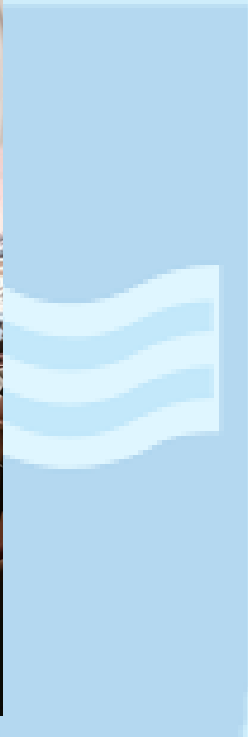
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A-LEVEL MUSIC

A special thank you to the Odyssey Festival Orchestra for inviting our A-Level Music students to attend their concert, which focused on the works of Gustav Mahler. We enjoyed seeing former Head Boy, William G, on stage, as well as learning about Mahler and his challenging life



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CELEBRATING CULTURAL DIVERSITY: INTERNATIONAL WEEK AT BETHS GRAMMAR SCHOOL



Last week, Beths celebrated another successful week of events highlighting cultural diversity as we celebrated International Week. European Day of Languages is celebrated on 26th of September every year, and so this year, the Modern Foreign Languages department decided to celebrate this with a schedule full of events centred around language learning and cultural enrichment.

From Monday onwards, form tutors presented quizzes to their tutees full of interesting facts about languages. Scholars even had the opportunity to earn house points! During this week's assemblies, Mr Ford talked about the importance of learning a language in our globalised and multicultural world of work. Mr Ford talked about his own experiences of completing the 'Erasmus' programme through which he was able to spend a year in Berlin and a small town in Austria called Steyr. Mr Ford proposed many ways in which languages could be of immense value, not just as a tool for communication in the workplace, but also as an opportunity to improve our cultural capital and ability to understand others' values. Interestingly, for the Sixth form, Mr Ford suggested bolstering their degree choice with a language they have never studied before. Languages such as Chinese, Arabic and Japanese are highly prized and can be started 'ab initio' with no prior knowledge alongside many degree courses such as Law and Economics.



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CELEBRATING CULTURAL DIVERSITY: INTERNATIONAL WEEK AT BETHS GRAMMAR SCHOOL



On Tuesday, our Year 8 scholars had the opportunity to practise their language skills whilst undertaking a gastronomic journey by trying typical cultural food from the country of the language they are studying for their 'language 2'. After winning a ticket in their language lessons by virtue of their Beths scholar attributes, they were invited to enjoy food tasting sessions featuring French, Spanish, Italian, German, or Chinese cuisine, from an array of cheeses and cured meats to the delights of bubble tea. Languages fun thrived throughout the week as Key Stage 3 students enjoyed a Romanian taster lesson in their language 1 class and a cultural lesson in their language 2 class.



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CELEBRATING CULTURAL DIVERSITY: INTERNATIONAL WEEK AT BETHS GRAMMAR SCHOOL



Thursday marked European Day of Languages, and since our focus this year was on Romanian, the catering team served up a tempting range of traditional Romanian food including pork stew (tocanita din carne de pork) and stuffed peppers (arandei umpluti), finished off with some 'zebra' cake (chec). This week, many departments in the school taught lessons focussing on Romanian, for example, in RE this week, students learnt about the role of Christianity in Romania; and in Economics, students watch a video and discussed a famous Romanian economist called Nicholas Georgescu-Roegen.



INDEPENDENTCATERING EDUCATERLIMITED

INTERNATIONAL WEEK

THURSDAY 26 SEPTEMBER

Romania Day Menu

- Tocanita din Carne De Pork - Pork Stew
- Arandei Umpluti - Stuffed Peppers
- Chec - Zebra Cake

WE ONLY USE



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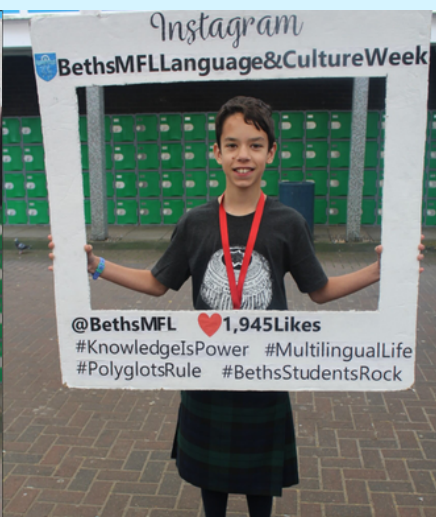
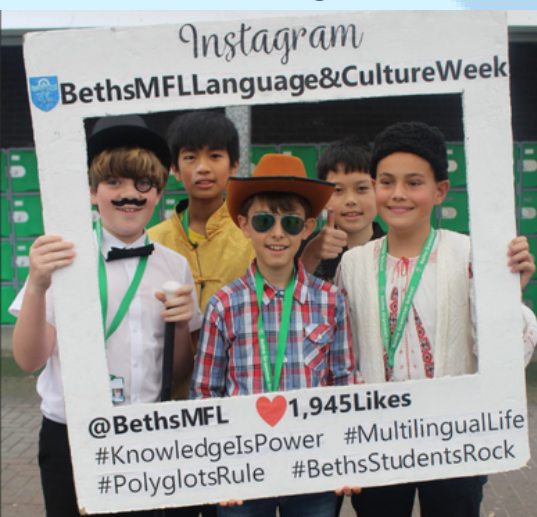
CELEBRATING CULTURAL DIVERSITY: INTERNATIONAL WEEK AT BETHS GRAMMAR SCHOOL



The culmination of Languages week saw scholars arriving in traditional dress from the country of their choice for 'International Dress Day'. Students and staff came to school in international clothing, either from their own culture or a culture they love. Scholars and staff alike dressed in traditional attire, creating a colourful and festive atmosphere throughout the school. What an array of colours and beautiful outfits!!! This was an excellent opportunity for cultural celebration. Importantly, International Dress Day was also a charitable event, and this year we raised an impressive £589.61. The proceeds will be split between WaterAid to provide clean and safe drinking water to communities abroad and our school's Multicultural Committee to help them raise awareness of cultural issues locally and make a positive impact in the community.

International Week at our school was an incredible experience that brought the whole community together to celebrate diversity and global cultures. The event was filled with vibrant activities, international food, cultural lessons, quizzes, and an opportunity to showcase the wide range of students' cultures from around the world. Overall, it was an eye-opening and inclusive week of memorable celebration that allowed us to appreciate different languages, customs, and perspectives, fostering a deeper sense of unity and understanding.

Mrs Cato-Sargeant



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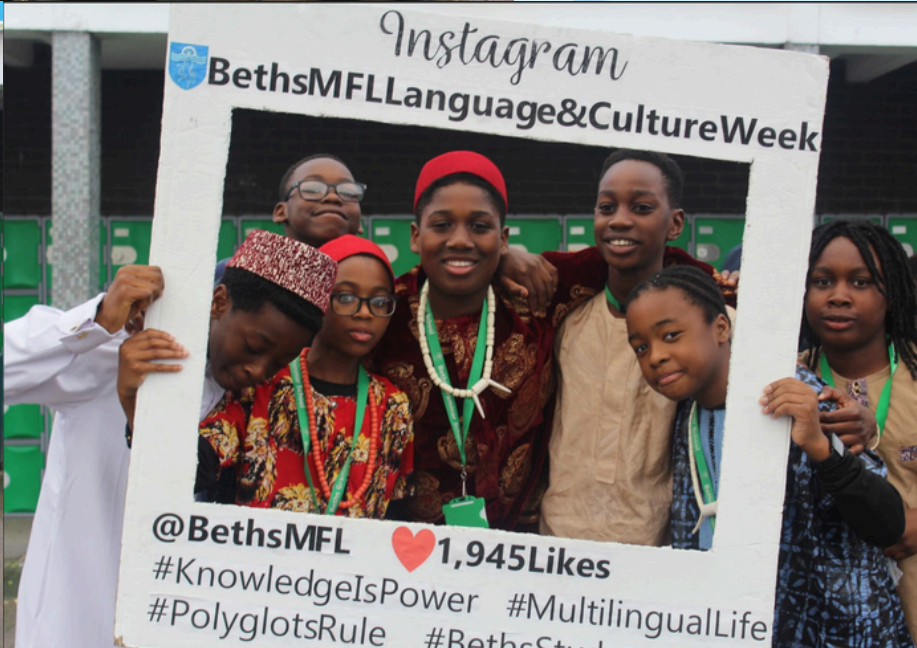
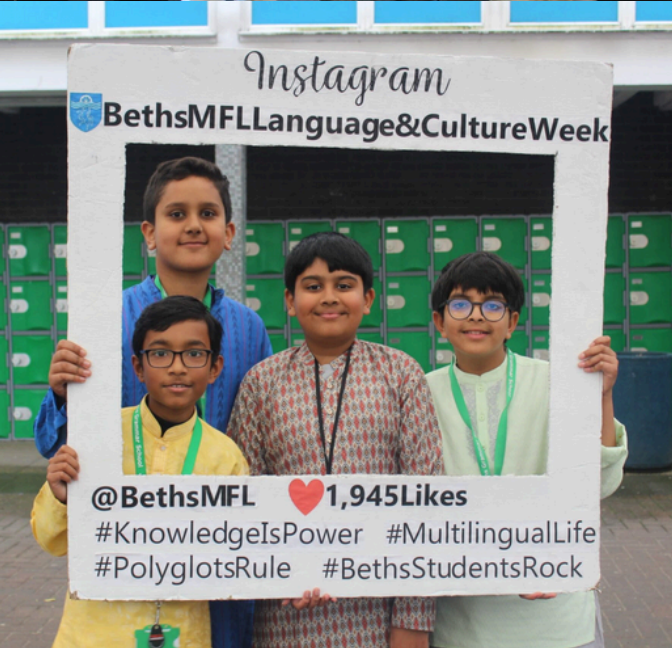
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CELEBRATING CULTURAL DIVERSITY: INTERNATIONAL WEEK AT BETHS GRAMMAR SCHOOL



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SCHOOL MENU

MENU

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WEEK 6

MONDAY 7 OCTOBER

MAIN Chef's Summer Salads - see boards for details
MAIN Chef's Summer Salads - see boards for details (VEGETARIAN)



STREET FOOD OF THE DAY - TURKISH - Chicken Shawarma with Pickles and Yoghurt Sauce

DESSERT Banana Sponge and Custard

TUESDAY 8 OCTOBER

MAIN Our Specialty Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments



STREET FOOD OF THE DAY - CHINESE - Crispy Chicken Sweet Chilli Flatbread

DESSERT Apple and Berry Crumble with Custard

WEDNESDAY 9 OCTOBER

MAIN Roast Chicken served with Crispy Roast Potatoes, Roasted Root Vegetables, Greens and Rich Gravy
MAIN Herb Crusted Broccoli, Cauliflower and Leek Mornay with Crispy Roast Potatoes, Roasted Root Vegetables, Greens and Rich Gravy (VEGETARIAN)



STREET FOOD OF THE DAY - MEXICAN - Spicy Nachos topped with Cheese and Jalapenos

DESSERT Baked Cherry Pie and Cream

THURSDAY 10 OCTOBER

MAIN Slow Cooked Chunky Beef Chilli, with Sweet Pepper Rice, Sweetcorn and Pickled Red Slaw
MAIN Vegetable Halloumi Souvlaki and Warm Pitta served with Potato Salad, Slaw and Mixed Leaves (VEGETARIAN)



STREET FOOD OF THE DAY - ITALIAN - Handmade Margherita Pizza with Fresh Basil and Oregano

DESSERT Victoria Sponge Cake

FRIDAY 11 OCTOBER

MAIN Classic Chicken Burger with Salad and Pickles served with Chips, Baked Beans or Chef's Slaw and Salad
MAIN Salmon and Dill Fish Burger, stacked with Salad and Mayo served with Chips and Peas
MAIN Spicy Bean Burger in a Bun with Salad and Pickles served with Chips, Baked Beans or Chef's Slaw and Salad (VEGETARIAN)



STREET FOOD OF THE DAY - BRITISH - Ultimate Fish Finger Sandwich

DESSERT Choice of Home Bakes or Dessert Pots

AVAILABLE DAILY FRESH CHEF'S SALAD - WHOLE GRAIN BREAD - GRAB AND GO POT MENU PLUS A PLANT BASED MAIN COURSE EVERY DAY!

THE DELI

FRESH CUT SANDWICHES - ROLLS - WRAPS - PITTAS - BAGUETTES

SEE THE BLACK BOARDS FOR SOUPS, THEME DAYS AND THE CHEF'S SPECIAL

IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING

WE ONLY USE



FRESH MEAT



FRESH PRODUCE



FREE RANGE EGGS



LOCAL FISH



WHOLEMEAL FLOUR

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SPORTS FIXTURES AND RESULTS

Results for week commencing 30th September

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Score
30.09.24	ESFA	U12B	V Stationer's Crown Woods Academy	Away	Lost 3-2
01.10.24	ESFA	U15B	V St Bonaventure's School	Away	Won 1-4
01.10.24	KSFA	U14A	V Hayes School	Away	Lost 4-2
02.10.24	KSFA	1 st XI	V Gravesend Grammar School	Away	Won 1-2
02.10.24	KSFA	2 nd XI	V Hayes School	Away	Won 1-3
02.10.24	ESFA	ESFA	V Maidstone Grammar	Home	Lost 0-3
03.10.24	ESFA	U12A	V Hurstmere School	Away	Lost 9-2
03.10.24	KSFA	U13B	V Ravens Wood School	Away	Lost 6-0



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SPORTS FIXTURES AND RESULTS

Fixtures for week commencing 7th October

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
07.10.24	National Cup	U13B	V Sacred Heart School	Home	3:30pm
08.10.24	KSFA	U12A	V Bishop Justus CofE School	Home	3:45pm
09.10.24	National Cup	U13A	V Kingsdale Foundation School	Home	3pm

RUGBY					
Date	Competition	Team	Opposition	Venue	Start time
08.10.24	National Vase	U15A	V Gravesend Grammar	Away	2:45pm

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start time
08.10.24	Kent Basketball	U14A	V Northfleet Technology College	Home	4pm
10.10.24	Kent Basketball	U12A	V Ravens Wood School	Away	3pm

*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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KEEPING YOUR SCHOLAR 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 IN-GAME CHAT

WHAT ARE THE RISKS?

Video games are continuing to grow in popularity – including, of course, among children and young people – and the emergence of gaming communities has been accelerated by the inclusion of chat functionality across many different titles. While in-game chat isn't inherently a bad thing, it can create some concerns about online safety and the people that children might be interacting with.

DIFFERENT TYPES OF CHAT

There are a number of ways that gamers commonly chat with one another online. As the name would suggest, in-game chat happens within the game itself. There's also party chat: a group voice conversation that console users can have with anyone on the same platform. This tends to be more commonly used by players who already know each other. Finally, many gamers – especially on PC – will chat via a third-party app such as Discord.

CONTACT WITH STRANGERS

Whether it's text- or voice-based, in-game chat is frequently open to all players to use. Many games default to making it an opt-in function, but some don't: meaning a child could start seeing messages within the game from people they're playing with, regardless of whether they know those individuals or not. While most strangers won't necessarily have ill intent, there are some who may behave inappropriately when chatting to a child – intentionally or otherwise.

DANGER OF GROOMING

It's been reported that some young gamers have encountered older players online who pretend to be a lower age to manipulate children, sending gifts in exchange for chatting and sending photos. Just as on any messaging platform, it's good to advise young people to avoid speaking to strangers; emphasise that they shouldn't accept gifts from anyone online that they don't know.

BULLYING AND ABUSE

While some in-game chat can turn toxic because of how a match plays out, others turn that way because of people who engage in trolling – in essence, behaving in an offensive and abusive way simply to cause pain or get a rise out of whoever they're talking to. These 'trolls' often lean on racial slurs, anti-LGBT sentiment and other hateful rhetoric; they normally feel most confident preying on younger, more impressionable gamers.

POTENTIAL FOR PRIVATE CHAT

If a player would like a re-match with a stranger after meeting them in the game, they can send a friend request, or use the party chat together in the future. For the most part, this is harmless – but it might lead to messages being exchanged in private. This could then escalate to the sharing of private information, and potentially attempts to manipulate or scam younger players.

COMPETITIVE ATMOSPHERE

Certain games are very competitive, and players can sometimes get upset if they feel a teammate is underperforming, an opponent won unfairly, or they're just a bad loser. This can lead to unpleasant messages that stray away from playful 'trash talk' and wander into the territory of bullying. Some players have been known to get incredibly abusive in situations like this, and the impact of this on a young gamer's emotional wellbeing could be severe.

Advice for Parents & Educators

LOCK-DOWN IN-GAME CHAT

In-game chat can often be disabled in the game's settings. This allows children to play without risk of contact from strangers – but it will need to be done in each individual game. Text chat appears in the corner of the screen in many titles, so it's normally easy to take a quick glance and see what's being said. With voice chat, explain to children what behaviour is inappropriate, so they can spot the dangers themselves.

CONSIDER OTHER CHAT OPTIONS

If a child wants to play with people they know, consider using party chat or a third-party service like Discord. This allows everyone involved to chat on a private server and even enjoy each other's company while playing different games. It's also far more secure, as anyone looking to join will need to request and be granted access – normally by whoever is hosting the chat.

REPORT POTENTIAL OFFENDERS

Most games offer a robust means of reporting other players, so you can flag an account as potentially harmful. This normally leads to the account not being matched with yours in the future and, if that person's conduct breaks any of the game's rules, they may be banned from playing entirely. This is done within the game itself, so each title has a slightly different process, but these tend to be designed for simplicity.

COMMUNICATION IS KEY

Make sure children understand the differences between being competitive and being abusive. Talk about what constitutes unusual or inappropriate behaviour from strangers online. Be clear that if anything ever concerns or worries them, they should tell a trusted adult as soon as possible. Empower children to identify the risks of in-game chat for themselves and reassure them they won't get in trouble for seeking help if anything goes wrong.

Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon and has been working in the games media industry for five years. He's also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published at sites including IGN, TechRadar, and plenty more.



Source: See full reference list on guide page at nationalcollege.com/guides/in-game-chat

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Places to get help....

SAMARITANS

Maybe you can't quite put your finger on it, but you're not feeling okay. You might be feeling tired more often, be feeling emotional, and you might not want to do the things that you usually enjoy right now.

Struggling to cope with everyday life doesn't look or feel the same in everyone. We can't generalise about how it'll make you feel or act.

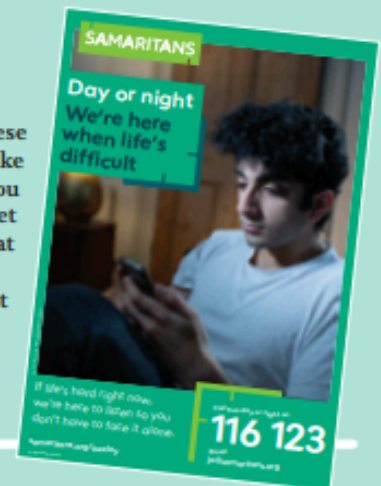
Samaritans are here to listen. You can call us on 116 123, email us at jo@samaritans.org or write us a letter.

You don't have to feel suicidal to get in touch. Only 1 person in 5 who calls Samaritans says that they feel suicidal.

- Signs to look out for
- Lacking energy or feeling tired
- Feeling exhausted all the time

- Experiencing 'brain fog', find it hard to think clearly
- Finding it hard to concentrate
- Feeling restless and agitated
- Feeling tearful, wanting to cry all the time
- Not wanting to talk to or be with people
- Not wanting to do things you usually enjoy
- Using alcohol or drugs to cope with feelings
- Finding it hard to cope with everyday things and tasks.

And if you do think these symptoms sound like you, or someone you know, please still get in touch on 116 123, at jo@samaritans.org or in another way that suits you.



www.childline.org

Call us free on 0800 1111



www.mind.org

What we do:
We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_source=Workplace+Updates&utm_campaign=387d089585-EMAIL_CAMPAIGN_2019_06_24_03_49_COPY_01&utm_medium=email&utm_term=0_ef4a7868f3-387d089585-74819051

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Mindfulness for your everyday life

Stress less. Move more. Sleep soundly.



www.ineqe.com

The virus has brought monumental change to how we teach and care for children and young people. The virus presents a particular challenge for a lot of younger children as they adapt to new social distancing measures and forms of learning.

To support different forms of learning, Jim Gamble's team at Inquee have prepared a short animation, a story book and an activity to support teachers and parents tackle misinformation and help children understand Coronavirus.

<https://ineqe.com/2020/03/20/animation-story-book-explains-the-coronavirus-to-children/>



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