

BETHS VIP

Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER

Dear Parents, Carers,



This week we opened our doors to prospective Year 7 students for 2025, seeing in just over 200 families this week. They will continue next week, and I would like to take this opportunity to praise our Year 8 scholars for being excellent tour guides this week, we have received positive feedback from parents visiting.

On Thursday staff and scholars joined in with the wearing of yellow for World Mental Health day, raising over £300 for the charity YoungMinds.

From jumpers, cardigans, socks, flowers worn on jackets, it was lovely to see the Beths community coming together and most importantly, being kind and aware of the signs of mental health and how to look after yourself.

I have received a plea from Mr Louie French, MP for Old Bexley and Sidcup, regarding a number of complaints his office has received from parents stopping on the roundabout on Bourne Road, just before coming into the village, to let their child out of the car. This is extremely dangerous not only for the parent and child but for other motorist. Please do not stop on the roundabout, drop your child either at Hall Place where they can walk safely into school across the bridge, or on a road off the village high street, somewhere safe.



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From Friday 11th October 2024, the number we use to send text message through Schoolcomms will be changing from 01322 250 023 to 07507 274 707. Please save this new number and delete the old landline number from your contact list. You will usually receive a text message if your child has not arrived for school and we aren't aware of an absence. Most schoolcomms communicate is done via email.

Our extra-curricular clubs are growing with new clubs such as The Doctor Who club and Lego club being a new favourite. Make sure your child signs up for one of the many clubs taking place.

Our PE department have landed safely in Barcelona for their Football Tour. Today they have visited Camp Nou, home of Barcelona FC, taking in the club's history and the stadiums sights. The football cup tournament begins tomorrow. Good luck (bring that trophy home!)



We would like to wish a Happy Yom Kippur to our Jewish community this weekend.



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- **Monday 14th October** - Year 11 Work Experience week. Barcelona Football Tour return.
- **Friday 18th October** - Year 11 Reports to Parents.
- **Tuesday 22nd October** - Years 7 -11 Flu Vaccinations
- **Wednesday 23rd October** - Apprenticeship Fair Evening for Year 13
- **Thursday 24th October** - MEP visit to a Chinese restaurant
- **Friday 25th October** - Own Clothes Day - donations to charity
- **Saturday 26th October** - Cologne and Andalusia trips depart.
- **Half term break - Monday 29th October to Friday 8th November**
- **Tuesday 29th October** - Cologne trip returns.
- **Wednesday 30th October** - Andalusia trip returns.
- **Wednesday 6th November** - Paris trip departs.
- **Saturday 9th November** - Paris trip returns.
- **Monday 11th November** - Return to school

Kind regards,
Richard Blyghton



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YEAR 7 DRAMA

Year 7 re-enacted a scene from "Mr & Mrs Twit," applying basics like stage positions, posture, and vocal skills. For many, it was their first time performing, and their excitement was contagious! Lots of talented stars in the making!



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BETHS MUSICIANS

A group of our musicians spent a day in rehearsals with the Grenadier Guard at Wellington Barracks. It was an excellent day playing alongside professional musicians, as well as former Beths student, Jacob Little.



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STUDENT SUCCESS

Congratulations to our Year 10 students who have achieved a Colours Award for excelling in languages, drama or music during Year 9. Well done on all your hard work, and keep it up!



YEAR 13 WIZE UP

Our Year 13 students are participating in an exciting "Wize Up" programme focused on cryptocurrency, in association with the Jack Petchey Foundation. This initiative aims to equip students with valuable knowledge about the growing world of digital currencies and the financial opportunities and risks involved. With Jack Petchey's support, students will gain practical insights and skills, helping them navigate this evolving sector while making informed decisions about their financial futures.



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CRISP PACKET COLLECTION

Our Year 13 students are running a project in collaboration with The Salvation Army in Bexleyheath, where we will use crisp packets to create blankets for the homeless. The packets are thoroughly washed and ironed together, then covered with a plastic layer to create a waterproof blanket that reflects body heat back to the user.

If you have any crisp packets, please collect them and send them our way so we can use them for this great cause. Crisp packets normally take decades to decompose, but by using them to create blankets for the homeless, we can prevent them from harming the environment. Thank you for your support, and we hope you'll get involved.

You can also help by spreading the word to any clubs or workplaces you're part of to maximise our outreach!



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BETHS PARENTS ASSOCIATION

Beths PA Store : Pre-Loved Uniforms

Beths Parents' Association champions the use of pre-loved uniforms for cost and environmental benefits. They offer a selection for purchase at <http://store.bethspa.co.uk> and encourage donations of outgrown uniforms (PE Kits, Blazers, etc..). Donated items should be in good condition and can be dropped at the school office for the Parents' Association, who will handle the rest. Additionally, selling on the classlist marketplace and donating proceeds to Parents' Association causes for the school is recommended. Your support reduces waste and ensures all students are properly attired. Thank you!

Thank you for your support!



Justin Zarb (JZ)
Chair of Beths Parents' Association



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SCHOOL MENU

MENU

INDEPENDENTCATERING | EDUCATERLIMITED

WEEK 7

MONDAY 14 OCTOBER

MAIN Beef Meatballs and Penne in Rich Tomato and Herb Sauce served with Garlic Slice and Chef's Salad

MAIN Sweet and Sour Vegetables served with Steamed Rice and Garlic, Ginger and Soy Fried Greens (VEGETARIAN)



STREET FOOD OF THE DAY - MEXICAN - Hot Chicken Salsa Nachos

DESSERT Fresh Fruit Salad

TUESDAY 15 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 - Sweet and Sour Noodles

DESSERT Coconut and Mango Fool

WEDNESDAY 16 OCTOBER

MAIN Lemon, Garlic and Thyme Roasted Chicken with Roast Potatoes, Seasonal Vegetables and Rich Gravy

MAIN Summer Vegetable Tart with Roast Potatoes, Seasonal Greens and Rich Gravy (VEGETARIAN)



STREET FOOD OF THE DAY - ITALIAN - Filled Ciabatta topped with Mozzarella and Fresh Basil

DESSERT Peach and Apple Crumble and Custard

THURSDAY 17 OCTOBER

MAIN British Sausages and Creamy Mashed Potatoes served with Sauteed Greens and Onion Gravy

MAIN Vegetarian Sausages and Creamy Mashed Potatoes served with Sauteed Greens and Onion Gravy (VEGETARIAN)



STREET FOOD OF THE DAY - BRITISH - Fish Finger Wrap with Tartar Sauce and Potato Wedges

DESSERT Raspberry Ripple Cake with Cream

FRIDAY 18 OCTOBER

MAIN Traditional Cod and Chips served with Beans or Garden Peas or Chef's Salad

MAIN Handmade Margherita Pizza served with Chips, Beans or Garden Peas or Chef's Salad (VEGETARIAN)



STREET FOOD OF THE DAY - AMERICAN - Dirty Fries topped with Spicy Beef and Cheese

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



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SPORTS FIXTURES AND RESULTS

Results for week commencing 7th October

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Score
07.10.24	National Cup	U13B	V Sacred Heart School	Home	Won 3-1
08.10.24	KSFA	U12A	V Bishop Justus CofE School	Home	Won 5-1
09.10.24	National Cup	U13A	V Kingsdale Foundation School	Home	Won 3-1
09.10.24	KSFA	U12B	V Tunbridge Wells Grammar	Home	Lost 0-3
09.10.24	KSFA	U14B	V Ravens Wood School	Home	Lost 0-4
09.10.24	KSFA	U15A	V Charles Darwin School	Away	Won 4-6

RUGBY					
Date	Competition	Team	Opposition	Venue	Start time
08.10.24	National Vase	U15A	V Gravesend Grammar	Away	Lost 34-17
09.10.24	Friendly	U13A	V Ravens Wood School	Away	Lost 70-20

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start time
08.10.24	Kent Basketball	U14A	V Northfleet Technology College	Home	Won
10.10.24	Kent Basketball	U12A	V Ravens Wood School	Away	Won 24-41



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SPORTS FIXTURES AND RESULTS

Fixtures for week commencing 14th October

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
16.10.24	Kent League	1 st XI	V Harris Academy Beckenham	Away	2pm
16.10.24	Kent League	1 st XI Girls	V Bullers Wood School for Girls	Away	3pm

RUGBY					
Date	Competition	Team	Opposition	Venue	Start time
17.10.24	Kent Shield	U15	V Skinners School	Home	TBC
18.10.24	Friendly	U12A	V Ravens Wood School	Away	2:30pm
18.10.24	Friendly	U12B	V Ravens Wood School	Away	2:30pm



*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.

10 Top Tips for Parents and Educators TEACHING CHILDREN FIRE SAFETY

Fire safety is especially important around Bonfire Night, as fireworks, bonfires and sparklers add extra risks for families and young children. Every year in the UK, thousands of accidents occur due to improper handling of fireworks and neglecting fire safety measures. This guide offers practical tips for keeping children safe when handling everything from fireworks to space heaters.

1 BONFIRE NIGHT AWARENESS

Bonfire Night is exciting, but it comes with several inherent risks. Educate children about the dangers of fireworks and open flames. Teach them that only adults should handle fireworks and that bonfires should never be approached. Keep children at a safe distance (at least five metres away) from bonfires and explain why supervision is crucial during these events.

2 SUPERVISE FIREWORK USE

Fireworks should only be handled by responsible adults who are following UK laws and guidelines. Make sure to buy fireworks that meet British Standards and adhere to all instructions that come with them. Keep children a suitable distance from any firework activity and designate an adult to supervise the event. Ensure no one goes near fireworks after they've been lit.

3 SPARKLER SAFETY

Sparklers are often captivating for little ones, but they can burn at extremely high temperatures – over 1000 °C! Only allow children over the age of five to use sparklers, and make sure they wear gloves. Teach them to hold sparklers at arm's length and never wave them near others. Once a sparkler has burned out, extinguish it fully in a bucket of water – which you should prepare beforehand and always keep nearby.

4 ORGANISED DISPLAYS ARE SAFER

If possible, families should attend an organised fireworks display rather than holding one at home. These tend to be far safer as they're run by professionals adhering to strict safety regulations. Organised displays also provide a controlled environment where children can enjoy the event from a safe distance, reducing the risk of accidents.

5 KEEP FIREWORKS AWAY FROM THE HOME

If you are hosting your own fireworks display, set them off well away from homes, sheds or fences to avoid starting accidental fires. Choose a wide-open space with no flammable materials nearby and keep a means of putting out fires to hand in case of emergency – such as a bucket of water, a hose or a fire extinguisher. Afterwards, ensure that all fireworks are fully extinguished and never attempt to relight one if it doesn't go off.

6 BONFIRE SAFETY

If you're building a bonfire, place it well away from trees, buildings, fences or anything else flammable. Make sure it's structurally sound and not at risk of collapsing. Only burn natural materials like wood and leaves, avoiding petrol or other accelerants. Children should be kept far away from the bonfire, and it should always be supervised by adults. Be sure to fully extinguish the bonfire before you leave it.

7 "STOP, DROP AND ROLL"

Ensure that children know what to do if their clothing catches fire. Teach them the simple "stop, drop and roll" technique, which can quickly extinguish flames. Practice this with them before events like Bonfire Night, so they feel confident if the need to use it arises. It can also be helpful to keep another means of putting out these kinds of fires on standby, just in case. An extinguisher or flame-retardant blanket are both sound choices.

8 SECURE CANDLES AND OPEN FLAMES

Beyond Bonfire Night, everyday fire safety is also crucial. Candles can be a common fire hazard, especially in homes with young children. Teach children not to touch any open flames, and ensure candles are placed in sturdy holders away from combustible materials. Never leave candles, incense burners or other such items unattended, and always extinguish them fully before leaving a room or going to bed.

9 EDUCATE ABOUT FIREWORKS HAZARDS

Make sure children understand the dangers of playing with fire or fireworks, and how to handle such things responsibly. Emphasise that fireworks are not toys and can cause serious injuries when improperly used. Demonstrate the importance of treating fire with respect and the consequences of misuse, which can help temper any curiosity and any resultant dangerous behaviour.

10 FIRST AID FOR BURNS

Even if you have the best possible precautions in place, accidents can still happen. Keep a first aid kit on hand. Ensure you know how to apply basic first aid to burns, so you can teach children those techniques too. If someone suffers a burn, run it under cool water for 20-30 minutes. Never use creams or ointments, as these retain heat and can cause further damage. Instead, seek medical help if the burn is serious.

Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings and many other industries, helping them to maintain a safe working environment.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/fire-safety>



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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.

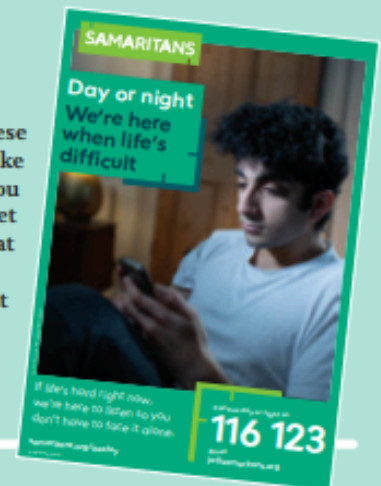
Samaritans are here to listen. You can call us on 116 123, email us at jo@samaritans.org or write us a letter.

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

www.headspace.com

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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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'sensitive' nature): HeadsPA@beths.bexley.sch.uk**

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