

BETHS VIP

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MESSAGE FROM THE HEADTEACHER

Dear Parents, Carers,



Last Saturday, the PE department hosted an Information Morning for Year 7 parents. It was a great opportunity for parents to learn more about the department, while scholars got to participate in various sporting activities.

We are excited to announce that our lunchtime and after-school clubs will be starting soon.

Beginning next week, both scholars and parents will receive information about the extra-curricular clubs available at Beths, including details on how to sign up via our SOCS account.

This week, we successfully held the Bexley 11+ test from Monday to Thursday, as we do every year. I would like to extend my thanks to both scholars and parents for their understanding, particularly regarding the year groups that were placed on remote lessons during this period. Your support is greatly appreciated.



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This week, our Year 11 Geology scholars visited the Isle of Wight as part of their coursework. They had the opportunity to study rock formations up close and work on developing their field sketches. The group returns today, and we look forward to sharing more about their experiences in next week's issue!

Next month, we will be holding our Year 6 open events. If you have younger siblings considering schools for next September, please visit our website for booking details and further information.



Year 7 Open Events - September 2025 Entry

Monday 7th October
Tuesday 8th October
Thursday 17th October
Wednesday 9th October
Thursday 10th October
Friday 11th October
Monday 14th October
Tuesday 15th October
Wednesday 16th October
Friday 18th October



Monday 16th September – Year 11 Parents Information evening, 6pm-7pm, Main Hall

Tuesday 17th September – Year 10 Parents Information evening, 6pm-7pm, Main Hall

Wednesday 25th September – ‘Welcome to Beths’ for Year 7 Parents 6pm-7pm, Main Hall (please note the change in date)

Thursday 26th September – ‘Welcome to Beths’ for Year 12 Parents 6pm-7pm, Main Hall

Thursday 26th September – Poetry Awards Evening in P3, 6pm

Tuesday 1st October – Years 7 -11 Flu Vaccinations

Kind regards,
Richard Blyghton



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YEAR 7 MATHS

During Year 7 Maths, Eardley students explored the world of algebra. One student shared they really enjoyed learning algebra at Beths because the way it's taught makes tricky concepts much easier to understand. It's fantastic to hear that they're finding maths fun and exciting!



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YEAR 11 GEOLOGY

Our Year 11 Geology students had an exciting trip to the Isle of Wight, where they visited Culver Cliff to learn about the island's rocks. Despite the windy and rainy weather, the students worked hard on their sketches of the cliffs. They learned how the different layers of rock were formed over millions of years and how the wind and sea have shaped the coastline. The trip helped them better understand what they've been learning in class, giving them a fun and hands-on way to explore geology and helped them with their coursework!



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INTERNATIONAL DRESS DAY

27TH SEPTEMBER 2024

THE MCC AND THE MFL DEPARTMENT WOULD LIKE TO INVITE YOU TO PARTICIPATE IN...

INTERNATIONAL DRESS DAY

Friday 27th September 2024

WHAT TO WEAR?

Students and staff are encouraged to wear international clothing, whether it be from their own culture, a friend's culture, a country they love or one that they would like to learn more about.



For example, you could dress in traditional dress, as an international figure who you admire or even the colours of a particular flag. The list is endless! However... **do not wear football kits**, be more imaginative! Inappropriate or revealing clothing is not allowed.

TO BE ABLE TO PARTICIPATE:

Students will donate £1 or more to WaterAid

Come to the Covered Quad during Lunch to have your photo taken and enter the 'Best Dressed' competition for house points!



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SCHOOL MENU

MENU

INDEPENDENTCATERING | EDUCATERLIMITED

WEEK 3

MONDAY 16 SEPTEMBER

MAIN Creamy Chicken, Mushroom, Rosemary and Chilli Pepper Risotto,
served with Garlic Slice, Chef's Slaw and Salad

MAIN Pesto Penne with Broccoli, Black Olives, Spinach and Feta
served with Garlic Slice, Chef's Slaw and Salad (VEGETARIAN)



STREET FOOD OF THE DAY - MEXICAN - Fully Loaded Burritos

DESSERT Chocolate Sponge and Chocolate Sauce

TUESDAY 17 SEPTEMBER

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



STREET FOOD OF THE DAY - PORTUGUESE - Garlic and Pork Steak Sandwich with Wedges

DESSERT Berry Cheesecake

WEDNESDAY 18 SEPTEMBER

MAIN Roast Garlic Chicken with Crispy Roast Potatoes, Seasonal Vegetables and Rich Gravy
MAIN Mediterranean Stuffed Peppers (VEGETARIAN)



STREET FOOD OF THE DAY - CHINESE - Sweet and Sour Noodles with Prawn Crackers

DESSERT Apple and Apricot Crumble and Custard

THURSDAY 19 SEPTEMBER

MAIN Best British Sausages with Buttery Mashed Potatoes,
Caramelised Onion Gravy and Seasonal Greens

MAIN Vegetarian Sausage with Buttery Mashed Potatoes,
Caramelised Onion Gravy and Seasonal Greens (VEGETARIAN)



STREET FOOD OF THE DAY - MEXICAN - Spiced Chicken Fajita Wrap with Wedges

DESSERT Chocolate Brownie with Cream

FRIDAY 20 SEPTEMBER

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

MAIN Cheddar and Onion Quiche served with Chips,
Baked Beans or Garden Peas or Chef's Salad (VEGETARIAN)



STREET FOOD OF THE DAY - AMERICAN - Texan BBQ Chicken Burgers

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 BEEF



FRESH PORK



FRESH CHICKEN



LOCAL PRODUCE



WHOLEMEAL PASTA

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SPORTS FIXTURES AND RESULTS

Fixtures for week commencing 16th September

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start
18.09.24	Kent League	1 st XI	V Bexley Grammar	Away	2pm
18.09.24	Kent League	2 nd XI	V Darrick Wood School	Home	2pm
19.09.24	KSFA Rd 1	U14B	V Bullers Wood School for Boys	Home	3:30pm

RUGBY					
Date	Competition	Team	Opposition	Venue	Start
19.09.24	National Vase	U15A	V St Olave's Grammar	Home	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

Please see the helpful article below regarding 'doxxing.'

What is doxxing? How to keep children safe

[What is doxxing and how can you keep your child safe? | Internet Matters](#)

Kooth

Kooth is a free, safe, and anonymous online platform where young people can access mental health support whenever they need it. Delivered in partnership with the NHS, Kooth is available to anyone between the ages of 11-18, and in some areas, it extends up to age 25

[Home - Kooth](#)



kooth

Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:

- Magazine**
The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards**
Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat**
Young people can chat with our helpful team about anything that's on their mind
- Daily Journal**
Young people can view their daily journal to track feelings or emotions and reflect on how they're doing

Sign up for free at [Kooth.com](https://www.kooth.com)



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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 USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



#WakeUpWednesday

The National College

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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.

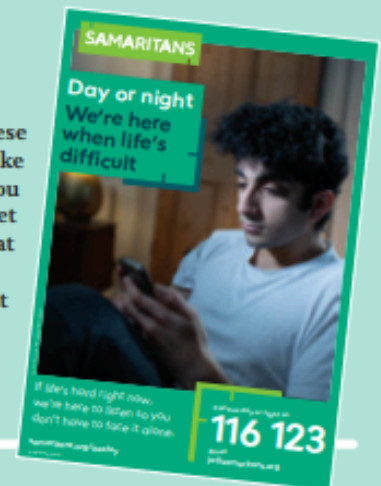
Samaritans are here to listen. You can call us on 116 123, email us at jo@samaritans.org or write us a letter.

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

Hundreds of articles for any mind, any mood, any goal.



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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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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