

BETHS VIP

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MESSAGE FROM THE HEADTEACHER

Dear Parents, Carers,



This week, Mr. McBeth held information evenings for our Year 11 and Year 10 parents and scholars, providing important details for their GCSE year(s). Next week, we will be holding our "Welcome to Beths" evenings for our new Year 7 and Year 12 parents. These sessions will set expectations from the school, go over important information, and provide an opportunity to meet your scholar's form tutor.

Next week, we will be celebrating MFL International Week, during which our Modern Languages department will arrange a variety of activities celebrating different languages and cultures. There will be food to sample and an International Dress Day, where scholars are encouraged to wear international clothing/colours—whether from their own family's or friends' culture, a country they love, or inspired by a key international figure. A small donation of £1 will be collected at the gate. The money raised will be split between the charity WaterAid and Beths MCC to help promote multiculturalism through school events. Participation is optional for scholars.



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We have a number of extra-curricular clubs taking place this term, and parents have been emailed details about SOCS, our platform where you can view the clubs and sign scholars up. A finalised club schedule will be posted on our website shortly. Speaking of the website, we will be launching a new one within the next fortnight (hopefully!), and I'll be delighted to share more information about it in due course.

The past few weeks of term have been very busy, with our Year 7 and Year 12 scholars settling in, hosting events, and conducting the 11+ testing. I'd like to thank both parents and scholars for a smooth return to school.

Parking on Hartford Road

Please can I ask parents not to park across or block our neighbours' driveways when dropping off or picking up their children. Even if you think you will only be a few minutes, you cannot know when our neighbours may need access to their drives. As many of you will know, Hartford Road is extremely busy in the mornings and at the end of the day, with hundreds of students crossing the narrow road to head towards the bus stops. Cars stopping or parking across driveways only worsens traffic flow. If possible, please find an alternative road to meet your child at the end of the day to help ease congestion and protect the safety of our scholars. This also applies to dropping your child off on the roundabout on Bourne Road while in stationary traffic. Doing so is not only dangerous for your child but also for other drivers.



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- **Wednesday 25th September** - 'Welcome to Beths' for Year 7 Parents 6pm-7pm, Main Hall (please not the change in date)
- **Thursday 26th September** - 'Welcome to Beths' for Year 12 Parents 6pm-7pm, Main Hall
- **Tuesday 1st October** - Years 7 -11 Flu Vaccinations
- **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

In English, Year 7 have been learning about the origins of literature by studying Greek myths and legends.



As part of their shared reading within English, Year 7 have been reading *Divergent* by Veronica Roth together. They have been learning about the book's themes and characters while fostering a shared reading experience.



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STUDENT SUCCESS

Ex-student Will J, who is currently pursuing a degree apprenticeship with GSK, has been making waves both academically and athletically. Will has been participating in the SPARTAN challenge, a series of four running and obstacle races within a year. So far, he has successfully completed three of these tough events, with his final race, a 50K run featuring 60 obstacles, set for October 5, 2024. Impressively, Will is taking on the Spartan Ultra not only for personal achievement but also to raise much-needed funds for the "Youth Sports Trust," supporting young people in sports.

To find out more information please follow these links:

<https://uk.spartan.com/en/race/ultra>

<https://www.youthsportstrust.org/>



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STEM CLUB

STEM Club has kicked off this year with great excitement! Our Year 7 and 8 scholars are showing incredible enthusiasm. The highlight so far has been the competitive yet fun challenge of building and testing water wheels. The students displayed impressive creativity and problem-solving skills, making the experience both educational and enjoyable. It's been a fantastic start, and we're excited to see where their passion for STEM takes them next!



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GCSE ENGINEERING

The new Engineering GCSE has started with a bang. Our scholars are highly engaged and thoroughly enjoying the course. Currently, they are working on an exciting project: making metal coat hooks based on engineering drawings. Throughout the process, they will use a variety of tools and techniques, including brazing and dip coating to bring their designs to life!



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EXTRA-CURRICULAR CLUB

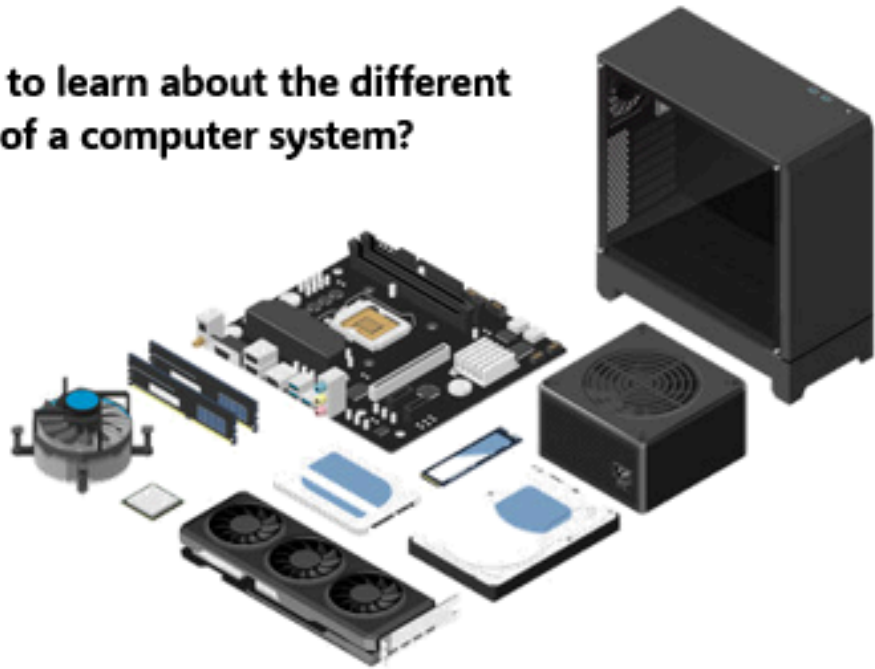


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Computer Hardware Club

Do you want to learn about the different components of a computer system?



Would you like to earn  **Networking** certification?
CISCO Academy



Topics of study



Personal Computers



Laptops



Other Mobile Devices



Every Wednesday 12.50pm (Even week)

 6 HOURS

 BEGINNER

in IT4

 SELF-PACED

 3 LABS

KS4 ONLY



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INTERNATIONAL DRESS DAY

27TH SEPTEMBER 2024

Join us on 27th September, in collaboration with the MFL Department and Multicultural Committee, for a celebration of global culture! Wear traditional attire / colours from a country you're from or simply admire!

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 4

MONDAY 23 SEPTEMBER

MAIN Teriyaki Chicken Noodles served with Stir Fry Greens and Prawn Crackers

MAIN Teriyaki Vegetable and Mushroom Noodles served with Stir Fry Greens and Beansprouts (VEGETARIAN)



STREET FOOD OF THE DAY - CHINESE - Sweet Chilli Chicken Wrap with Coleslaw

DESSERT Oat Topped Pear Crumble with Custard

TUESDAY 24 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 - ITALIAN - Ultimate Mac n' Cheese

DESSERT Lemon Meringue Pie

WEDNESDAY 25 SEPTEMBER

MAIN Roast Turkey served with Crispy Roast Potatoes, Seasonal Vegetables and Rich Gravy

MAIN Spinach and Feta Pie served with Crispy Roast Potatoes, Seasonal Vegetables and Rich Gravy (VEGETARIAN)



STREET FOOD OF THE DAY - CHINESE - Sweet and Sour Stir Fried Rice

DESSERT Marbled Chocolate and Vanilla Sponge with Custard

THURSDAY 26 SEPTEMBER

MAIN Rich Beef Lasagne, Garlic Slice, Broccoli and Baby Leaf Salad

MAIN Vegetable Lasagne, Garlic Slice, Broccoli and Baby Leaf Salad (VEGETARIAN)



STREET FOOD OF THE DAY - THAI - Chilli and Ginger Noodles

DESSERT Meringue Topped Berry Mousse

FRIDAY 27 SEPTEMBER

MAIN BBQ Chicken Burger with Salad and Pickles served with Chips, Beans or Chef's Slaw and Salad

MAIN Salmon and Dill Fish Burger, stacked with Salad and Mayo served with Chips and Peas

MAIN Vegetable Tortilla served with Chips, Beans or Chef's Slaw and Salad (VEGETARIAN)



STREET FOOD OF THE DAY - MEXICAN - Pulled Pork Tacos with Spicy Pickled Red Cabbage Salad

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



COOMBE

INDEPENDENTCATERING.CO.UK

EDUCATERLIMITED.COM



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SPORTS FIXTURES AND RESULTS

Results for week commencing 16th September

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Results
18.09.24	Kent League	1 st XI	V Bexley Grammar	Away	Won 1-3
18.09.24	Kent League	2 nd XI	V Darrick Wood School	Home	Won 3-1
19.09.24	KSFA Rd 1	U14B	V Bullers Wood School for Boys	Home	Won 2-0

RUGBY					
Date	Competition	Team	Opposition	Venue	Results
14.09.24	Friendly	U12A	V Colfe's School	Home	Lost
14.09.24	Friendly	U12B	V Colfe's School	Home	Won
14.09.24	Friendly	U13A	V Colfe's School	Away	Won
14.09.24	Friendly	U14A	V Colfe's School	Home	Won
14.09.24	Friendly	U15A	V Colfe's School	Away	Won
19.09.24	National Vase	U15A	V St Olave's Grammar	Home	Won



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SPORTS FIXTURES AND RESULTS

Fixtures for week commencing 23rd September

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start
23.09.24	National Cup	U15A	V Wrotham School	Home	3pm
24.09.24	KSFA	U13A	V Coopers School	Away	3:30pm
25.09.24	Kent League	1 st XI	V Christ the King: St Mary's	Home	2pm
25.09.24	Kent League	2 nd XI	V Farringtons School	Away	2pm
26.09.24	KSFA	U16A	V Stone Lodge	Home	4:15pm

RUGBY					
Date	Competition	Team	Opposition	Venue	Start
26.09.24	Kent Cup	U15A	V St Olave's Grammar	Away	2:30pm
28.09.24	Friendly	U12A	V Robert Clack School	Home	10am
28.09.24	Friendly	U12B	V Robert Clack School	Home	10am
28.09.24	Friendly	U13A	V Robert Clack School	Away	10am
28.09.24	Friendly	U14A	V Robert Clack School	Away	10am
28.09.24	Friendly	U15A	V Robert Clack School	Home	10am

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start
25.09.24	Kent Basketball	U18A	V Northfleet Technology College	Home	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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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

ONLINE TROLLING

The term "Trolling" refers to sending hurtful or provocative comments – often done anonymously online – to provoke a reaction or cause emotional distress. Anonymity can embolden people into saying things they wouldn't dare say in person. Euro 2024 and other tournaments tend to put an emphasis on this, with the abuse of both players and fans often increasing during such events.

WHAT ARE THE RISKS?

ESCALATION

Many trolls begin with silly, banal comments before moving on to a broader pattern of offensive messages and posts. They can also turn their attention very quickly to a new target if they grow bored with an existing one, which makes engaging with one fruitless at best – and potentially dangerous at worst.

HIDING BEHIND A SCREEN

Because trolls tend to use anonymous profiles, they enjoy a lack of accountability. This also means they'll often have multiple profiles, potentially switching between them regularly or posting across several of them at the same time, making a target feel as though there's no escape. After all, once you block one account, what's to stop them reappearing elsewhere?

24/7 CONTACT

The internet has given us the ability to remain in contact at any time, from almost anywhere in the world. A troll having the ability to reach you whenever they want can leave you feeling like their abuse is unavoidable. While they don't see you in real life, they can message you at any time, reach out to your peers online and even try to discover your personal information to scare you.

HATE SPEECH

Sadly, many trolls resort to spewing racial slurs, homophobic attacks and awful stereotypes, as these often stand the best chance of causing emotional harm. This can add a hefty degree of weight to their attacks, moving from what might charitably be described as "teasing" into a genuine hate crime. After Euro 2020, three England footballers were racially abused, resulting in several prison sentences.

IMPACT ON VICTIMS

It's not uncommon for the victims of trolls to shut down their accounts, disappear from public life, and try to stay out of the crosshairs for a time – with some even leaving social media forever. This can have a severe impact on children and young people's connections to friends and the world at large, and may not even actually stop the troll. The victims' families, for example, may have online profiles that trolls can still access.

NORMALISATION OF TROLLING

It is, regrettably, inevitable that some people will go too far in their criticisms or comments, both online and in the real world. This can lead to many people seeing trolls and their abuse as part and parcel of social media – an inherent risk of interacting with others online. This doesn't mean, however, that it should be considered "normal" or even tolerated.

Advice for Parents & Educators

USE PARENTAL CONTROLS

While social media platforms (where most trolling tends to happen) aren't always helpful when responding to abusive behaviour, parents can set up screen time limits, so children only get to use certain apps at certain times. There's always the potential for trolling to occur anyway – such as friends showing screenshots to one another – but this would minimise the likelihood of children seeing it.

DON'T ENGAGE WITH ABUSE

A well-known adage on social media is "don't feed the trolls". Fundamentally, if a child identifies a potential troll online, it's best not to engage with that individual directly. Instead, consider setting up a log to gather evidence for reporting them later on, including screenshots and quotes where possible.

ENCOURAGE EMPATHY

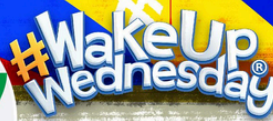
While every professional athlete aspires to maintain high standards, it's important to separate the player from the person. A player's performance doesn't make them worthy of abuse, and that can often be forgotten by younger children who simply see the colour of the shirt without considering the person wearing it. For all the rivalries between teams, it's essential children understand that players are still human beings, with families and lives outside of sport.

BLOCK AND REPORT

While anonymous accounts make it difficult to block trolls permanently – or even for very long – it's still good practice to help children learn to control who can engage with them online. It's not worth "feeding the trolls", and it's more helpful to block them, report them, and try to move on. Blocking and reporting is an anonymous process, too, so there'll be no indication of who specifically blew the whistle.

Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the gaming and tech industry for five years. A long-time fan of Arsenal, he's a parent who understands the importance of online safety. He's also a tech and fitness writer whose work has been published on sites including IGN, TechRadar and many more.



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



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EMOTIONAL BASED SCHOOL AVOIDANCE (EBSA) PARENT/CARER SUPPORT GROUP

To take place on: **Monday 30th September 10am – 11.30am**

Venue: **Bexleyheath Central Library in the Dickens Room.**



Bexley Educational Psychologists are providing parent/carers the space to share their experiences, hear from others and gain support as part of a network for those supporting children and young people who are experiencing anxiety-related difficulties around attending school (including Emotional Based School Avoidance).

If you are interested in joining this group, please email:

parentebsasupport@bexley.gov.uk



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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.

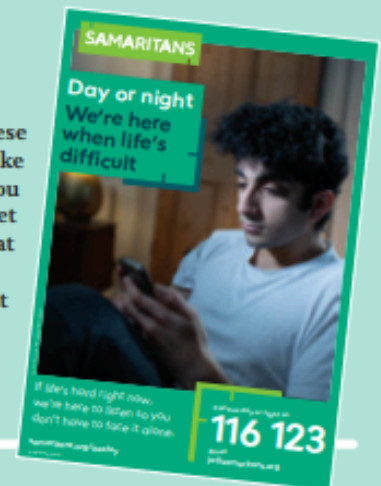
Samaritans are here to listen. You can call us on 116 123, email us at jo@samaritans.org or write us a letter.

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

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