

BETHS VIP

Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER



Dear Parents, Carers,

This week we celebrated International Week with the MFL department and today we saw a wonderful array of clothing worn by staff and students.

Thank you to our Year 7 and 12 parents/carers for coming into school this week for the Welcome to Beths talk and meet the Form Tutors. I hope the presentations were informative for all.

On Tuesday we have the NHS vaccination team coming into school for the Flu vaccination (either nasal or injection) for those in Years 7-11 who have given consent. Please ensure your son has breakfast in the morning.

We will be hosting Year 6 families on our Year 6 Open Events from Monday 7th October through to Friday 18th October. Booking is available online should you have a Year 6 sibling and want to come along.



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- **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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CHINESE EMBASSY TRIP

Thanks to the MEP and the Chinese Embassy in the UK for the invitation to celebrate the success of our intensive study trip to China this summer. We delivered a fantastic speech to showcase our wonderful experience in Shanghai, followed by a lovely Chinese buffet dinner hosted by the Embassy. Thanks to the MEP for this opportunity.



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YEAR 8 WICKED TRIP

Year 8 had a 'Wicked' time seeing the West End show Wicked, as we celebrated their Year 7 achievement of completing the 25 Book Challenge. This year, Year 8 are challenged to read 30+ books! We look forward to seeing who will be rewarded for their academic success!



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EXTRA CURRICULAR CLUBS

A full list of our extracurricular clubs can be found on SOCS (our platform for extracurricular activities), offering a wide range of options to suit every interest. Whether you're passionate about music, eager to join one of our various sports teams, or a fan of Doctor Who, Lego, Warhammer, or Design Technology, there's something for everyone—even if you're just looking for a space to connect with others to chat or play games. Visit our website for the complete list and find the perfect club to match your passions!



How to log into socs as parent:

Parents can also log into SOCS to view and manage their scholar's extracurricular activities.

Parents login by clicking the 'parent' tab on the login page and filling in their details. If logging into the account for the first time, you will need to 'activate' your account:

The following steps will help you activate your account:

1. Access your school login page here: [SOCS Login \(socscms.com\)](https://socscms.com)
2. Select the 'Parent' login tab and click 'Activate Account.'
3. Enter the email address the parent has registered with the school, and then select 'Activate'.



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EXTRA CURRICULAR CLUBS

1. An email will then be sent to your email address containing an activation link where you can set a password. Once you have followed the instructions on the link you should then be able to log in using your email address as the username and your password.

If you experience any issues receiving the activation link via email, please ensure to check the following:

- Check the email has not been sent to your junk folder
- Add 'noreply@misocs.com' and 'parents@misocs.com' to your safe senders list and try re-activating your account again.

For more information on how you can see your children's Co-curricular activities, please see the 'information for parents' page below:

[SOCS Help | | SOCS Co-curricular: Information for Parents \(socscms.com\)](#)



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Bexley SEND Market Place Event



Find out about services and organisations supporting children and young people with special educational needs and disabilities

No need to book, just come along!

45 services including:

- **Education**
- **Health & Wellbeing**
- **Social Care**
- **Family Support**
- **Activities and Clubs**



Scan the QR code for event information



Monday 7th October 2024

Civic Offices Bexleyheath DA6 7AT

9.30am–10.30am – Professionals only

10.30am–1.30pm – Open to all

2-3pm–Quiet Hour – Open to all

For more information contact:

Email: localoffer@bexley.gov.uk

Website: www.bexleylocaloffer.uk



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SCHOOL MENU

MENU

INDEPENDENT CATERING | EDUCATER LIMITED

WEEK 5

MONDAY 30 SEPTEMBER

MAIN Spaghetti Carbonara (Smoked Bacon, Garlic, Eggs, Cracked Pepper and Cheese)
served with Garlic Slice and Chef's Salad

MAIN Chestnut Mushroom, Spinach, and Feta Penne In Rich Tomato Sauce
served with Garlic Slice and Chef's Salad (VEGETARIAN)



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

DESSERT Rhubarb, Apple and Ginger Crumble with Custard

TUESDAY 1 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 - MEXICAN - Hot Chicken Salsa Nachos

DESSERT Wonky Strawberries and Cream

WEDNESDAY 2 OCTOBER

MAIN British Roast Beef with Yorkshire Pudding, Crispy Roast Potatoes,
Roasted Seasonal Vegetables and Rich Gravy

MAIN Vegetable and Lentil Loaf served with Crispy Roast Potatoes,
Roasted Seasonal Vegetables and Rich Gravy (VEGETARIAN)



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

DESSERT Kentish Apple Cake and Custard

THURSDAY 3 OCTOBER

MAIN Mexican Chicken Enchiladas served with Potato Wedges, Sweetcorn and Pink Citrus Slaw

MAIN Mexican Vegetable and Bean Enchiladas served with Potato Wedges,
Sweetcorn and Pink Citrus Slaw (VEGETARIAN)



STREET FOOD OF THE DAY - INDONESIAN - Nasi Goreng - Stir Fried Rice

DESSERT Fresh Fruit Salad

FRIDAY 4 OCTOBER

MAIN Traditional Fish and Chips served with a Choice of Baked Beans, Garden Peas or Slaw

MAIN Roasted Vegetable, Spinach and Feta Tart served with
Chips and a choice of Baked Beans, Garden Peas or Slaw (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



FRESH PIGEON



FRESH PORK



FRESH EGGS



LOCAL PRODUCE



WHOLEMEAL FLOUR

INDEPENDENTCATERING.CO.UK

EDUCATERLIMITED.COM

COOMBE



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SPORTS FIXTURES AND RESULTS

Results for week commencing 23rd September

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Score
23.09.24	National Cup	U15A	V Wrotham School	Home	Won 3-2
24.09.24	KSFA	U13A	V Coopers School	Away	Lost 5-4
25.09.24	Kent League	1 st XI	V Christ the King: St Mary's	Home	Won 5-0
25.09.24	Kent League	2 nd XI	V Farringtons School	Away	Lost 3-1
26.09.24	KSFA	U16A	V Stone Lodge	Home	Lost 1-2

RUGBY					
Date	Competition	Team	Opposition	Venue	Score
26.09.24	Kent Cup	U15A	V St Olave's Grammar	Away	Won 12-26

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



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SPORTS FIXTURES AND RESULTS

Fixtures for week commencing 30th September

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
30.09.24	ESFA	1 st XI	V Brampton Manor Academy	Home	3pm
30.09.24	ESFA	U12B	V Stationer's Crown Woods Academy	Away	4pm
01.10.24	ESFA	U15B	V St Bonaventure's School	Away	2:30pm
01.10.24	KSFA	U14A	V Hayes School	Away	3:30pm
02.10.24	KSFA	1 st XI	V Gravesend Grammar School	Away	2pm
02.10.24	KSFA	2 nd XI	V Hayes School	Away	2pm
03.10.24	ESFA	U12A	V Hurstmere School	Away	3:15pm

RUGBY					
Date	Competition	Team	Opposition	Venue	Start time
05.10.24	Friendly	U12A	V Simon Langton	Home	10am
05.10.24	Friendly	U12B	V Simon Langton	Home	10am
05.10.24	Friendly	U13A	V Simon Langton	Home	10am
05.10.24	Friendly	U14A	V Simon Langton	Away	10am
05.10.24	Friendly	U15A	V Simon Langton	Away	10am

*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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MENTAL HEALTH AWARENESS

NHS 111 - crisis mental health support

We wanted our parents to be aware that anyone experiencing a mental health crisis can now benefit from support through NHS 111.

The change means the NHS in England is one of the first countries in the world to offer access to a 24/7 full package of mental health crisis support through one single phone line. People of all ages, including children, who are in crisis or concerned family and loved ones can now call 111, select the mental health option and speak to a trained mental health professional.

NHS

CALL 111
select mental health option

Are you in a mental health crisis?

NHS

Find information and support for your mental health.

Visit the Mental Health Hub

www.nhs.uk/mental-health

NHS

MENTAL HEALTH HUB



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KEEPING YOUR SCHOLAR SAFE ONLINE

Online safety

We are very keen to ensure that we take a proactive approach to online safety at Beths and welcome the support of our parents in this regard. Please find the useful links below, including an excellent (free) online workshop.

[Teaching Your Child about Internet & Online Safety | NSPCC](#)

[Online safety | Guidance and resources | NSPCC Learning](#)

[Free online safety virtual workshop | NSPCC](#)

Year 7 - Welcome to Beths for parents

We were delighted to welcome many of our Year 7 parents into school on Wednesday 25th September for our 'Welcome to Beths' evening. Our Year 7 parents were given the opportunity to meet their scholar's form tutor, as well as other key staff, including our inclusion team. Miss Sharma is very proud of the excellent start Year 7 have made to their time at Beths. We would like to extend a huge thank you to those parents in attendance and of course thank you too to our fantastic Year 7 form tutors, pastoral team and other staff who supported this event. All details shared on the evening, including slides, will be available on our school website in due course.



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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

INSTAGRAM

AGE RESTRICTION
13+

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

follow

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called Moderators, meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire 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.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>

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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.

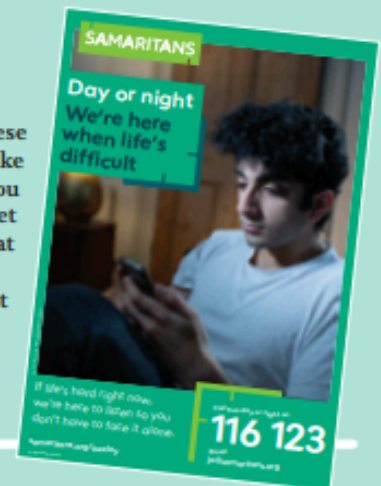
Samaritans are here to listen. You can call us on 116 123, email us at jo@samaritans.org or write us a letter.

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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