

CHRISTMAS JUMPER DAY

During the week, students from all year groups were invited to enjoy a delightful Christmas dinner at the school canteen, fostering a festive spirit and bringing everyone together. On Thursday, we celebrated Christmas Jumper Day, where students and staff showed their most colourful and creative holiday sweaters. The event was not only fun but also meaningful, as all the money raised from the day was donated to Save the Children, supporting their vital work and spreading the joy of the season to those in need.



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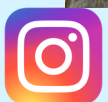


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GCSE GEOLOGY

On Monday 9 December our Year 10 GCSE Geologists spent the day at Peacehaven in East Sussex. The first fieldtrip of the course introduced them to the rocks and fossils of the Cretaceous. We collectively found sponges, corals, echinoids and vertebrate burrows as evidence of a warm, tropical sea that existed there 83 million years ago. Students got to use their field equipment for the first time and, along with learning how to make detailed scientific notes in the field they undertook a large scale stratigraphic survey of the rocks, representing five million years of deposition.

This trip also introduces students to the geology found in the Isle of Wight residential trip, namely the Culver Chalk Formation, a succession of pure chalk named after Culver Cliffs in the Isle of Wight which represents the chalk 'backbone' of the whole island.



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CONGRATULATIONS YEAR 11

Well done to all our year 11 students who completed their last day of trial exams. The clear dedication and commitment to study along with their exemplary conduct and attitude has been outstanding. We are extremely proud of them all.



SPORTS SUCCESS

Congratulations to our Year 8B football team, who have progressed to Round 4 of the National Cup with their 3-0 win against Haberdashers' Hatcham College yesterday. They will face Kingsdale Foundation School in the next round.



Well done to our year 10 side who won 4-2 v Welling in the North Kent Cup. Also a big thanks to the PA for our new football kits!



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KOOTH DIGITAL HEALTH



Dear Parent / Carer,

Please find below a letter from Kooth about wellbeing support for students and families during the holiday period.

With the winter break fast approaching, at Kooth Digital Health we appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, teaching staff and friends that the school community provides. Seasonal illness and the closure of many services at this time of year can also lead to extended wait times for support across both adult and young people's NHS and community services.

WE ARE STILL HERE.

Kooth Digital Health offers free and anonymous therapeutic mental health and wellbeing support to young people in South East London aged between 10-25. Funded and endorsed by the NHS, our services remain available over the winter period, offering 'on the day' wellbeing support from the comfort of your own home, via any web-enabled device via the following website- www.kooth.com

Kooth offers free access to online text-based practitioner chats, self help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer:peer communities.

With no threshold, waiting list or referral process, young people in Bexley can access support for ANY issues they may be experiencing. These may include; body image, self-esteem, loneliness, bereavement, academic pressures, stress, anxiety, friendships, sexuality, life changes etc.

The registration process is quick, anonymous, and safe, simply by registering at www.kooth.com using non-identifiable information.

Kooth delivers 1000's of online wellbeing sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are unfortunately deemed inappropriate to their criteria, Kooth gives schools, professionals, and families an alternative way of ensuring children and young people can access free support when they need it, in a way that they find comfortable to access, via any web-enabled device.

If you have any questions regarding the service, please contact Admin@beths.bexley.sch.uk or Kooth directly, simply email parents@kooth.com. A selection of Parent/Carer resources can be accessed using this link: [Kooth. Parent & Carer resources](#)

Kind Regards

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BETHS PARENTS ASSOCIATION



Supporting Community, Causes and Care

Join us in making a difference! Buy a raffle ticket to help us raise funds to enhance our scholars experience at Beths. Every ticket sold contributes to providing better resources and opportunities. Help make a difference and maybe win a prize!

Tickets available via the Classlist app.

The draw will take place during the Winter Concert on the 17th December.

Sales end 15 minutes before the draw.



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SPORTS FIXTURES AND RESULTS

Results for week commencing 9th December

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
09.12.24	North Kent League	U15A	V Wilmington Grammar School for Boys	Away	Won 3-5
09.12.24	ESFA	U13A	V Wilson's School	Home	Lost 2-3
11.12.24	Kent League	1 st XI	V Bexley Grammar School	Home	Won 5-3
12.12.24	North Kent League	U15A	V Welling School	Away	Won 2-4
12.12.24	ESFA	U13B	V Haberdashers' Hatcham College	Away	Won 0-3

Fixtures for week commencing 16th December

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
16.12.24	North Kent Cup	U16A	V Bexley Grammar School	Home	2:15pm
17.12.24	North Kent Cup	U14A	V Bexley Grammar School	Away	2:30pm
19.12.24	North Kent Cup	U13A	V Welling School	Away	2:30pm
19.12.24	North Kent Cup	U12B	V Cleeve Park School	Home	2:30pm

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start time
16.12.24	Kent Basketball	U12A	V Trinity CofE School	Away	4pm
17.12.24	Kent Basketball	U14A	V Thamesview School	Away	4:15pm
18.12.24	Kent Basketball	U18A	V Northfleet Technology College	Away	2pm

NETBALL					
Date	Competition	Team	Opposition	Venue	Start time
18.12.24	Friendly	3 rd VII	V Darrick Wood School	Away	2pm



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❄️ Stay Warm & Stylish this Winter! ❄️🧢

🌟 Get your Beths Grammar School Bobble Hats today! Perfect for:

- ✅ Cold school mornings 🏫
- ✅ Rugby or football training sessions 🏉⚽
- ✅ Parents cheering on the sidelines! 🙌🔊

🎁 Great for Christmas presents! 🎄

🧢 Essential for the slopes! 🏂

🔥 Warm and snug for chilly days!

🛒 Shop the Beths Parents' Association Store now:

👉 Direct link to bobble hats & merch:

https://bethspa.square.site/shop/merchandise/5?page=1&limit=30&sort_by=category_order&sort_order=asc

🌐 Full store:

<http://store.bethspa.co.uk>

⌚ Don't delay - stock up for the holidays, hit the slopes in style, keep warm at training, or support your scholar from the sidelines this winter!

💙 A must-have for all Beths Grammar families! 💙



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KEEPING YOUR SCHOLAR SAFE

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 SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Reducing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or epinephrine. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



The National College

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

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