

# BETHS VIP

Excellence - Community - Respect

## MESSAGE FROM THE HEADTEACHER



On Monday 27th January we will be opening the doors to the new Sixth Form building for lessons to take place. As with many new buildings, there are a few niggles that are being addressed, but we can use the facilities from Monday.

After many discussions within SLT about whether there should be a generic name or named after a person (whether dead or alive). We settled on “Jubilee Sixth Form Centre/Building” for the following reasons:

- To name it after one person might insult others who would justifiably in some quarters deserve it more.
- We already have a Millennium Building so the precedent is set for naming a building around the time of completion.
- The School came onto this site in 1954 and was created in Erith in 1945 meaning 2024 was the 70th Jubilee and 2025 is the 80th Jubilee of the School’s existence, coupled with the beginning of the building work began during the Queen’s Diamond Jubilee.

We will be holding a building opening for Trustees and guests in the afternoon of Wednesday 12th February to take a look around and will arrange a formal event in the summer term to also celebrate the school’s Jubilee celebration.



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We have the last of our Sixth Form open events taking place on Monday 27th January, 2pm and Tuesday 28th January 9am. We have welcomed over 420 families so far!

### **Sporting Achievements:**

- Our U15s Football team are in the Semi-Final of the Kent Schools FA Cup, playing Bexley Grammar on Friday 31st January. We wish them all the best and will be cheering the team on.
- Congratulations to our U16s and U18s Basketball teams on their wins this week.
- Also, congratulations to our students, Rowan, 7H, Alastair, 11H and Prince representing Beths in the Kent Cross Country run last weekend.



Next week's assemblies will be delivered by our History department on the Holocaust, a Monday 27th January is Holocaust Memorial Day.

Wednesday 29th January is the Chinese New Year and the year of the snake. We look forward to seeing what our MFL department come up with to celebrate the Lunar New Year! The catering team have a delicious selection of foods for Wednesday too!



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**Tuesday 28th January** – Year 8 Parents Evening bookings open.

**Friday 31st January** – Year 9 DTP/MEN ACWY Vaccinations. Closing date for Sixth Form applications

**Monday 3rd February**– Year 13 Trial Examinations commence for two weeks. Year 11 Core Subject Trial Examinations commence for the week.

**Tuesday 4th February** Year 8 Parents Evening bookings closes.

**Monday 10th February** – National Apprenticeship Week

**Friday 14th February** – Last day of term. Own clothes day for Prom Committee and Mind Charity.

Have a wonderful weekend,  
Richard Blyghton



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# JACK PETCHEY SPEAK OUT CHALLENGE

On Tuesday, 21 January, 27 scholars from Year 10 took part in the Jack Petchey Speak Out Challenge. This programme is managed and delivered by Speakers Trust and funded by the Jack Petchey Foundation.

Its aim is to amplify young people's voices by building confidence, developing skills, and creating platforms for them to share their stories and ideas, empowering not only themselves but also each other. The workshop took place during the school day with an approved Speakers Trust trainer.



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# JACK PETCHEY SPEAK OUT CHALLENGE

All the scholars who attended received high praise from the trainer. She selected four winners, along with two highly commended scholars. There will be another workshop next month. Once the successful candidates are decided, all winners will compete for a place in the Regional Speak Out Challenge in March. Well done to all our participants!



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# A-LEVEL MUSIC

Our A Level Music students were delighted to be visited by Peter Ash, the conductor of the Odyssey Festival Orchestra. He introduced them to music by Modest Mussorgsky, which they will hear in a concert next week. Orchestra members Clara and Sam also shared their passion for Mussorgsky's music with our students.



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# FIXTURES AND RESULTS

## Results for week commencing 20th January

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Score
21.01.25	North Kent Cup	U16	V Cleeve Park	Home	Won 6-4
22.01.25	North Kent Cup	2 <sup>nd</sup> XI	V Ravensbourne School	Away	Lost 2-0

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Score
20.01.25	Kent Basketball	U16A	V Northfleet Technology College	Home	Won 64-25
22.01.25	Kent Basketball	U18A	V Homewood School	Away	Won 56-71
23.01.25	Kent Basketball	U18A	V Tonbridge School	Home	Won 71-56
23.01.25	Kent Basketball	U15A	V Gravesend Grammar School	Away	Lost 41-57

RUGBY					
Date	Competition	Team	Opposition	Venue	Score
23.01.25	Friendly	U14A	V Bullers Wood School for Boys	Home	Lost



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# FIXTURES AND RESULTS

## Fixtures for week commencing 27th January

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start time
27.01.25	Kent Basketball	U16A	V Northfleet Technology College	Away	4pm
27.01.25	Kent Basketball	U13A	V Gravesend Grammar School	Home	4pm
30.01.25	Kent Basketball	U16A	V Gravesend Grammar School	Away	4:30pm

RUGBY					
Date	Competition	Team	Opposition	Venue	Start time
28.01.25	Friendly	U13A	V Bullers Wood School for Boys	Home	3pm
29.01.25	Friendly	U15A	V Bullers Wood School for Boys	Home	3pm
31.01.25	Friendly	U12A	V Wilmington Grammar School for Boys	Away	2:30pm

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
27.01.25	North Kent Cup	U15A	V Swale	Neutral	7:45pm
27.01.25	North Kent Cup	U13B	V Kingsdale Foundation School	Home	2:30pm
28.01.25	North Kent Cup	U12A	V Bexley Grammar School	Away	2:30pm
29.01.25	North Kent League	1 <sup>st</sup> XI	V Gravesend Grammar School	Home	2pm
29.01.25	North Kent League	2 <sup>nd</sup> XI	V Darrick Wood School	Away	2pm
30.01.25	North Kent League	U14A	V Harris Academy Falconwood	Away	tbc
31.01.25	KSFA Semi Finals	U15A	V Bexley Grammar School	Home	2pm

NETBALL					
Date	Competition	Team	Opposition	Venue	Start time
29.01.25	Friendly	3 <sup>rd</sup> VII	V Hayes School	Away	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](http://bethssport.co.uk)).

If you have any questions, please email us at [fixtures@beths.bexley.sch.uk](mailto:fixtures@beths.bexley.sch.uk)



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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](https://nationalcollege.com).

## What Parents & Educators Need to Know about HEALTH & FITNESS APPS

### WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

#### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children; a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

#### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

#### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

#### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users – including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

#### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

#### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

### Advice for Parents & Educators

#### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

#### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

#### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

#### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

#### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing/fitness-apps>

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# ACTIONS FOR HAPPINESS CALENDAR

Happier January 2025

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

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BETHS GRAMMAR SCHOOL,  
HARTFORD ROAD  
BEXLEY  
KENT  
DA5 1NE

**Email Address: [admin@beths.bexley.sch.uk](mailto:admin@beths.bexley.sch.uk)**

**Email Address (to be used for items/concerns of a more  
'sensitive' nature): [HeadsPA@beths.bexley.sch.uk](mailto:HeadsPA@beths.bexley.sch.uk)**

**Telephone Number: 01322 556538**



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