

# BETHS VIP

Excellence - Community - Respect

## MESSAGE FROM THE HEADTEACHER



Our first week in the new Jubilee Sixth Form Centre has gone well. Feedback received from our scholars has been positive. There are a few small tweaks to be finished, as with every new building, but overall, we are delighted with the finished product!

We held our last two Sixth Form open events at the beginning of the week, welcoming in 530 families in total. Today, Friday 31st January, is the last day to apply for a Sixth Form place at Beths.

As part of the Luna New Year celebrations (apologies there are no photos of the food from the canteen on Wednesday, the food was very popular) our Chinese Experience club taught scholars the culture and history of Chinese calligraphy.

Next week our Year 13s trial examinations commence for the final two weeks of term, and our Year 11s have their core subject trial examination just for one week. We wish all our scholars all the best with their revision and exams.

Have a wonderful weekend,  
Richard Blyghton



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**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.

**Monday 17th - Friday 21st February** - Half Term



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# OUR NEW SIXTH FORM CENTRE NOW OPEN!

We are excited to announce that our new sixth form building is now open! Students now have access to purpose-built areas for learning and studying. The new building houses 14 classrooms, office space for our sixth form pastoral support team, and dedicated study areas. The response has been overwhelmingly positive, with students thoroughly enjoying their new space.

Students also have their own dedicated food service area within the building! Designed exclusively for them, it provides the perfect space to relax, socialise, and recharge during breaks.



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# LGBTQ+ THINK TANK

## 'It's giving Pride': The Beths' LGBTQ+ Think Tank:

Last week we held a Think Tank and welcomed several local schools to Beths. We listened to some amazing speakers who will hopefully visit us again. The students had a brilliant time and expressed how important spaces like Pride Club and the Think Tanks are for them, as it can be one of the few places where they get to be themselves. They also shared how meaningful the support and kindness of teachers can be for them.



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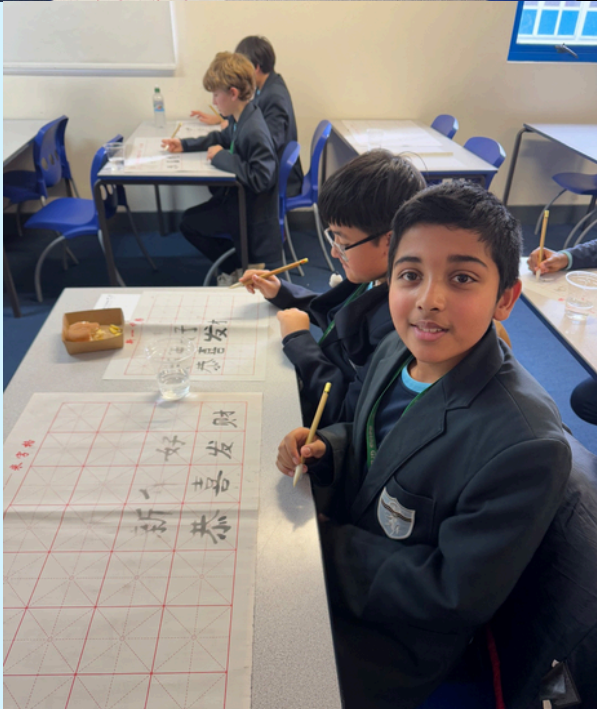
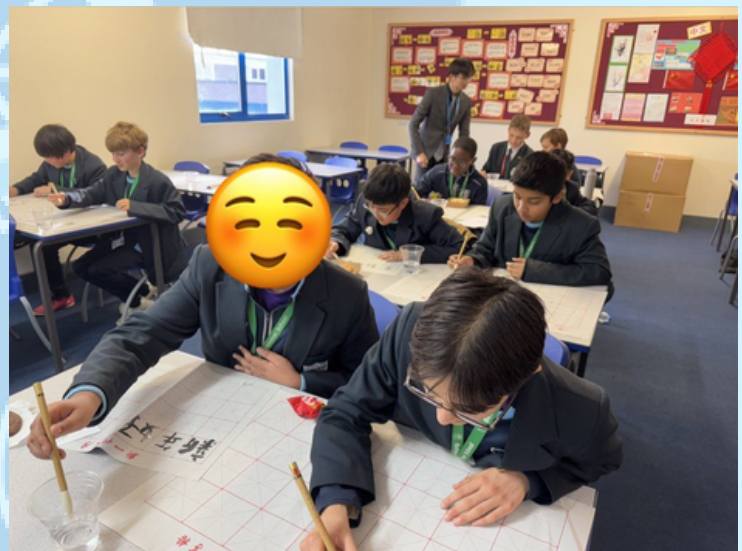
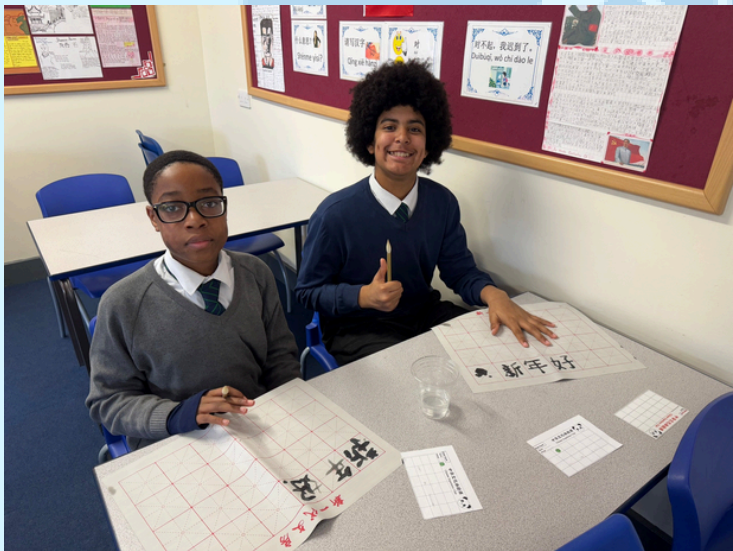
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# CHINESE EXPERIENCE CLUB

In Chinese experience club this week, students learned about the culture of Chinese calligraphy and tried their hand at writing a few words of good wishes for the Chinese New Year. With the guidance of slides and teachers, students produced beautiful calligraphy works. Calligraphy plays an important role in China's long history. It is not only the written form of characters but also an artistic expression of beauty.



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# FIXTURES AND RESULTS

## Results for week commencing 27th January

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Score
27.01.25	Kent Basketball	U16A	V Northfleet Technology College	Away	Won 52-67
27.01.25	Kent Basketball	U13A	V Gravesend Grammar School	Home	Won 58-11
30.01.25	Kent Basketball	U16A	V Gravesend Grammar School	Away	Won 48-53

RUGBY					
Date	Competition	Team	Opposition	Venue	Score
28.01.25	Friendly	U13A	V Bullers Wood School for Boys	Home	Cancelled
29.01.25	Friendly	U15A	V Bullers Wood School for Boys	Home	Cancelled
31.01.25	Friendly	U12A	V Wilmington Grammar School for Boys	Away	

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Score
27.01.25	North Kent Cup	U13B	V Kingsdale Foundation School	Home	Lost 1-2
28.01.25	North Kent Cup	U12A	V Bexley Grammar School	Away	Won 1-4
29.01.25	North Kent League	1 <sup>st</sup> XI	V Gravesend Grammar School	Home	Lost 0-2
29.01.25	North Kent League	2 <sup>nd</sup> XI	V Darrick Wood School	Away	Cancelled
30.01.25	North Kent League	U14A	V Harris Academy Falconwood	Away	Lost 2-1
31.01.25	KSFA Semi Finals	U15A	V Bexley Grammar School	Home	



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# FIXTURES AND RESULTS

## Fixtures for week commencing 3rd February

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
03.02.25	North Kent Cup	U14A	V Hurstmere	Home	3pm
05.02.25	North Kent League	1st XI	V Harris Academy Beckenham	Home	2pm
06.02.25	North Kent Cup	U13B	V Hurstmere	Away	2:30pm
07.02.25	North Kent Cup	U13A	V Hurstmere	Home	2:15pm

RUGBY					
Date	Competition	Team	Opposition	Venue	Start time
03.02.25	Friendly	U13A	V Wilmington Grammar School for Boys	Away	2:30pm
05.02.25	Friendly	U15A	V Bexleyheath Academy	Home	3pm
06.02.25	U12 North Kent 7s	U12	Tournament	Neutral	TBA

\*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](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

### Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



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# ACTIONS FOR HAPPINESS CALENDAR

Happier January 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

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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