

BETHS VIP

Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER



The first week of our Year 13 trial examinations and Year 11 core subject trial examinations, which has gone well. The mock examinations are a good opportunity to prepare our scholars for the real exams in the summer; no additional time will be given when arriving late to an exam. These trial exams are also a good indicator for scholars to see where, if any, gaps in knowledge are, so they have time to brush up before the real thing.

Next week is National Apprenticeship week and we are delighted to welcome Exeter University in to talk to our Year 12 scholars about degree apprenticeships. Even though we are only in February, some scholars have secured degree apprenticeships with Bloomberg, KPMG, EY and Deloitte, while others are awaiting feedback from other companies. This is a promising start for those scholars.

We will be holding a dress down day on Friday 14th February to raise money for Mind charity and the Year 13 Prom, with a suggested donation of £2.

Have a wonderful weekend,
Richard Blyghton



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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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BETHS GARDENING CLUB

Despite the freezing weather, our young gardeners at Beths Gardening Club have continued to work hard on learning about the benefits of green spaces and gardens for everyone's wellbeing. Their efforts have now been rewarded with the Royal Horticultural Society's School Gardening award Level 2 - which included free seed packages, a book on low-carbon Gardening and a £50 garden centre voucher. The next step now will be to create a more suitable space with larger planters to realise the gardeners' dream of growing "things we can eat". Any parents interested in supporting the Gardening Club, e.g. with ideas, plant or tool donations, etc. should contact Dr Valerie Viehoff (v.viehoff@beths.bexley.sch.uk).



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YEAR 9 HARRY POTTER TRIP

On Wednesday, English and Media students from Year 9 visited The Harry Potter Studios in Leavesden to learn about the film making process. Not only did they visit behind the scenes of England's premier film studio but they also had a lesson looking at what it takes to take a novel from page to screen.



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CHINESE EXPERIENCE CLUB

On the night of the Chinese Lantern Festival, streets are decorated with colourful lanterns, often with riddles written on them. Lighting and appreciating lanterns is the main activity of the Chinese Lantern Festival. Lanterns can be seen everywhere, including in houses, shopping malls, parks, and streets. The traditional lanterns are almost always red to invoke good fortune.

In Chinese experience club this week, students were introduced to the customs of the Chinese Lantern Festival and the culture of Chinese lanterns. They also had the opportunity to make paper lanterns for the festival. With the guidance of slides and teachers, students created beautiful lanterns that turned out perfectly.



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SCHOOL MENU

MENU

INDEPENDENTCATERING | EDUCATERLIMITED

WEEK 6

MONDAY 10 FEBRUARY

MAIN Pesto Chicken and Mediterranean Vegetable Penne served with Garlic Slice and Chef's Salad (1, 9)
MAIN Olive, Feta, Tomato and Baby Spinach Penne served with Garlic Slice and Chef's Salad (VEGETARIAN) (1, 9)
DESSERT Fresh Fruit Salad



STREET FOOD OF THE DAY - CHINESE - Vegetable and Beef Stir Fried Rice (7, 8)

TUESDAY 11 FEBRUARY

MAIN Our Specialty Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments (1, 9, 11)
DESSERT Banoffee Pie (1, 9)



STREET FOOD OF THE DAY - CYPRUS - Halloumi Skewers on a Pitta Bread with a Yogurt Dip (1, 9)

WEDNESDAY 12 FEBRUARY

MAIN Roast Lemon and Thyme Chicken Leg served with Roast Potatoes, Honey Roasted Root Vegetables, Cabbage and Rich Gravy
MAIN Italian Stuffed Field Mushroom topped with Garlic Crumbs, Roast Potatoes, Honey Roasted Root Vegetables, Cabbage and Rich Gravy (VEGETARIAN) (1, 9)
DESSERT Pineapple Upside Down Sponge and Custard (1, 7, 9)



STREET FOOD OF THE DAY - MEXICAN - Spicy Nachos topped with Cheese and Jalapenos (9)

THURSDAY 13 FEBRUARY

MAIN Baked Beef Burritos stuffed with Rice and Cheese, served with Potato Wedges, Chunky Salad and Slaw (1, 9)
MAIN Baked Mediterranean Vegetable Tagine with Couscous and Sour Cream with Chunky Salad and Slaw (VEGETARIAN) (1, 7, 9)
DESSERT Pear and Apricot Cobbler with Custard



STREET FOOD OF THE DAY - RUSSIA - Chicken Stroganoff with Herby Rice

FRIDAY 14 FEBRUARY

MAIN Peri-Peri Chicken (Mild Herb and Lemon or Hot) served with Chips, Beans or Chef's Slaw and Salad (14)
MAIN Roasted Beetroot, Spinach and Feta Tart with Chips, Beans or Chef's Slaw and Salad (VEGETARIAN) (1, 7, 9)
DESSERT Choice of Home Bakes or Dessert Pots (1, 7, 8, 9)



STREET FOOD OF THE DAY - AMERICAN - Texan BBQ Chicken Burgers (1, 7, 8)

THE DELI

FRESH CUT SANDWICHES - ROLLS - WRAPS - PITTAS - BAGUETTES
 SEE THE BLACK BOARDS FOR SOUPS, THEME DAYS AND THE CHEF'S SPECIAL

1 CEREALS CONTAINING GLUTEN
 2 CRUSTACEANS
 3 MOLLUSCS

4 FISH
 5 PEANUTS*
 6 NUTS

7 EGGS
 8 SOYBEANS
 9 MILK

10 CELERY
 11 MUSTARD
 12 LUPIN

13 SESAME
 14 SULPHUR DIOXIDE

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 BEEF



FRESH PORK



FREE RANGE EGGS



LOCAL PRODUCE



WHOLEMEAL PASTA



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FIXTURES AND RESULTS

Results for week commencing 3rd February

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Score
31.01.25	KSFA Semi Finals	U15A	V Bexley Grammar School	Home	Lost 0-2
03.02.25	North Kent Cup	U14A	V Hurstmere	Home	Lost 3-4
06.02.25	North Kent Cup	U13B	V Hurstmere	Away	Lost 3-1
07.02.25	North Kent Cup	U13A	V Hurstmere	Home	

RUGBY					
Date	Competition	Team	Opposition	Venue	Score
31.01.25	Friendly	U12A	V Wilmington Grammar School for Boys	Away	Draw
03.02.25	Friendly	U13A	V Wilmington Grammar School for Boys	Away	
05.02.25	Friendly	U15A	V Bexleyheath Academy	Home	
06.02.25	U12 North Kent 7s	U12	Tournament	Neutral	Won



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FIXTURES AND RESULTS

Fixtures for week commencing 10th February

RUGBY					
Date	Competition	Team	Opposition	Venue	Start time
11.02.25	Friendly	U13A	Tournament	Neutral	2pm
12.02.25	Friendly	U13A	V Bullers Wood School for Boys	Home	3pm

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
10.02.25	North Kent Cup	U13B	V Bexleyheath Academy	Home	3pm
11.02.25	North Kent Cup	U14A	V Cleeve Park School	Home	3pm
12.02.25	North Kent League	U12B	V Bexleyheath Academy	Away	3:30pm
13.02.25	North Kent League	U15A	V St Columba's	Home	3pm
13.02.25	North Kent League	U12A	V Harris Academy Falconwood	Home	2:30pm

*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

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 SCAMS AND FAKE NEWS

WHAT ARE THE RISKS?

"Fake news" refers to falsified or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

"CLICKBAIT" PHISHING SCAMS

A message arrives saying "Have you seen this video of yourself?" or you might be sent an attention-grabbing headline about a celebrity that's been shared on social media. This kind of "bait" is produced by scammers to drive us to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

SALES, DEALS & DISCOUNTS

Some scams appear as adverts, offering a chance to buy something – such as designer products, expensive gadgets or tickets to a popular show – at a reduced price. Such plays often include a time limit or countdown, urging us to hurry so we don't miss out on the deal. This pressure encourages us to input personal details or payment information before pausing to check if it's legitimate.

YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or freebies. It could be a message saying we've won a prize draw or competition. Or it could be a gift, free trial, bonus credit, and so on. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by doing so.

FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince any children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense tone), secrecy, inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats or blackmail.

PANIC MODE

To trigger a sense of panic, scammers may claim that a child's account has been hacked, or a virus has been installed on their device, or any number of other scary scenarios. They may claim to be able to fix the problem or offer a solution – if the child hands over control of the device or sensitive information. Similar scams involve impersonating a friend or relative, claiming that they're in trouble and need help.

FAKE CELEBRITY ENDORSEMENTS

Impersonating influential people online is a common tactic for scammers, who can use technology to create fake photos, audio and even videos that look authentic. These can be used to convince us, for example, to buy products, sign up for so-called "business opportunities" or invest in cryptocurrency schemes – all of which are fake or otherwise malicious. Many scams also involve the impersonation of popular companies' social media accounts, as well as those of individuals.

Advice for Parents & Educators

STAY INFORMED

Stay up to date with the latest information and best practice on cyber-security. See what scam stories are reported in the news and make note of what tactics were used. Keep up with young people's digital lives: talk about what they're doing online and use properly endorsed resources to learn what risks certain sites and apps pose to their younger users.

TALK TOGETHER

Chat often and openly with young people about fake news, online scams and how they both work. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement. Blaming the victim may deter young people from asking you for help. Remember: adults are scammed just as often, if not more.

ENCOURAGE HEALTHY SCEPTICISM

Most scams rely on emotional or psychological manipulation, tapping into our human instincts – whether that's to keep ourselves safe, help others, find answers, make friends, avoid losing out or to secure something we really want. Encourage children to recognise that pressure to act and to always consult with an adult – especially if what's on offer sounds too good to be true.

BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, false information and fake news. Highlight what to look out for and clearly communicate under what circumstances the child ought to speak to an adult. Finally, ensure that they're aware of the support services that are available to them (such as Childline).

Meet Our Expert

Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit OnlineMediaLaw.co.uk for more.



Source: See full reference list on guide page at <https://nationalcollege.com/guides/fake-news-and-scams>

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ACTIONS FOR HAPPINESS CALENDAR

Friendly February 2025

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

SUNDAY

1 Send a message to let someone know you're thinking of them

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone

4 Invite a friend over for a 'tea break' (in person or virtual)

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together



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