

BETHS VIP

Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER



Our first week back from the half term break and full swing into the term. Our Year 11s and 13s are preparing for their summer examinations, with staff supporting and encouraging them to succeed the best they can.

Our English department is celebrating World Book Day on Thursday, 6th March. Scholars are invited to come to school dressed as a book character or author of their choice. Please note

this is not an excuse to come in their own clothes! We look forward to seeing some fantastic costumes as well as from staff!

We are delighted to host another Afternoon Tea for our retired and semi-retired community, on Wednesday 19th March, 2:30pm-4pm. Please see poster within this VIP for more information.

Next week we have our virtual Year 7 Parents Evening on Thursday 6th March, bookings close on Tuesday 4th March at 7pm.

Road Safety – I know and understand that as soon as school ends, scholars want to rush out and get home. We remind scholars during assemblies and in Form Times, the importance of road safety and not to rush out or run across the road, and to always look both ways. Please can you work with us and reiterate this to your children, so we can prevent any unwanted accidents occurring.



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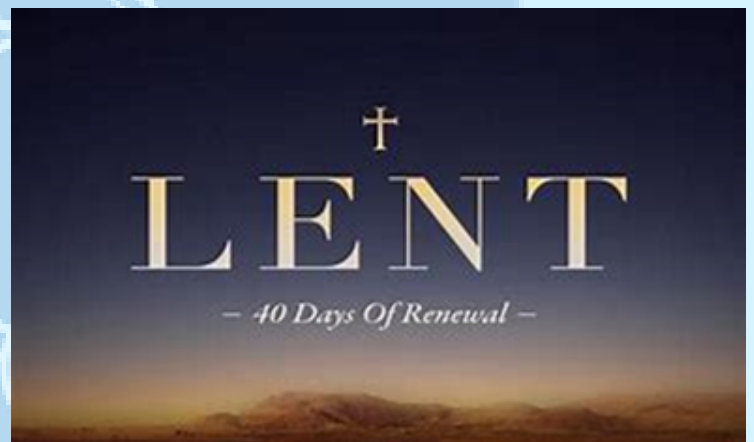
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Our Spring Concert is coming up on Wednesday 26th March. More details will be sent out shortly.

Beths turns 80 this year and to celebrate this and the opening of our new Sixth Form Centre, we will be holding a Summer Fair Birthday Celebration on Saturday 28th June! The school and the PA are working together to make this event a success and we'd love to see you there! More details will be coming soon.



We wish our staff and scholars a Happy Ramadan and Lent



Have a wonderful weekend,
Richard Blyghton



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Monday 3rd March – National Careers Week

Thursday 6th March – Year 7 Parents Evening (virtual)

Friday 14th March – Year 11 and 13 reports sent home

Thursday 20th March – Year 10 Parents Evening (in person)

Tuesday 25th March – Year 12 at UCAS Discovery Event, ExCel London

Wednesday 26th March – 6pm Spring Music Concert

Thursday 27th March – Year 13 Parents Evening for selected students

Thursday 3rd April – 6pm Spring Music Concert

Friday 4th April – Ski trip to Mont Tremblant depart and the Bay of Naples trip departs



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JACK PETCHEY - SPEAK OUT CHALLENGE

On Wednesday, 12 February, 25 Year 10 scholars took part in The Jack Petchey Speak Out Challenge, a programme managed by Speakers Trust and funded by the Jack Petchey Foundation.

The initiative aims to amplify young people's voices by building confidence, developing skills, and providing platforms for them to share their stories and ideas—empowering both themselves and each other. Our workshop, led by an approved Speakers Trust trainer, took place during the school day. For the first time in her career, she awarded our school a perfect 10/10!

All participating scholars received high praise, with seven winners selected and two scholars highly commended.

From the two workshops, we now have 11 successful candidates who will compete for a place in the Regional Speak Out Challenge in March. Well done to all our participants!



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JACK PETCHEY - SPEAK OUT CHALLENGE



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SPORTS AND FIXTURES

Well done to our Year 9 rugby team who reached the semi-finals of the Kent Shield at Kent Rugby 7's Competition. A fantastic effort from all with some great rugby on show, well done to all!



A massive congratulations to our Year 8 football team who finished 1st and 2nd in the North Kent 6-a-side football tournament earlier in the week!



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YEAR 8 TRIP TO CHINATOWN

The Year 8 scholars visited Chinatown and the British Museum to celebrate Chinese New Year! They learned about the fascinating history behind the museum's collection of Chinese art, followed by a delicious Chinese meal. They also had the chance to explore Chinatown, where they enjoyed some bubble tea. It was a perfect blend of cultural learning and celebration .



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AFTERNOON TEA

We warmly invite you to our Easter Community Afternoon Tea for the retired and semi-retired members of our community. Enjoy a lovely afternoon of prizes, music, games and wonderful company.

Date: Wednesday 19th March

Location: Beths Grammar School, Hartford Road, DA5 1NE

To book your place or for more details, call 01322 556538.



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KS3 ART COMPETITION

120 House Points

+

**AMAZON GIFT
CARD**

KS3 MCC ART

House Competition

You can make anything as long as it relates to Multiculturalism.

You have FULL creative freedom!

Put your name, form and year group on the back on your art.

Hand it in to Mr Hayman by 3:30pm

Deadline: Friday 28th March



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SPEECH, MUSIC AND DRAMA EVENING



Speech, Music & Drama EVENING

Join us for an exciting evening celebrating the performing arts! The event will feature:

- Year 10 Drama Students performing duologues.
- Speech Club showcasing some of the best speeches.
- Musical Performances with songs from well-loved musicals.

**13TH MARCH
2025,
6PM**

Beths Grammar School,
Hartford Road,
DA5 1NE

For more information, please follow this link: <https://www.ticketsource.co.uk/Beths-Grammar-School/speech-music-and-drama-evening/e-zozlxe>



Tickets are free, but we gladly welcome donations at the event.



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BETHS RUN CLUB

BETHS 5KM RUN CLUB

EVERY MONDAY 3.30PM

MEET BY THE CRICKET NETS

***SIGN UP ON SOCS OR TALK TO MR
WEBB FOR MORE INFO!***

***ALL
ABILITIES
WELCOME!***



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BETHS PARENTS ASSOCIATION



Match Funding!

Dear Parents of Beths Grammar School,

Amplify Your Impact: Match Funding with Beths PA

The Beths Parents' Association is a registered UK charity. Many employers will match your donations, potentially doubling or tripling the amount. Check if your employer participates and make your contribution go further!

As a registered UK charity, the Beths Parents' Association plays a vital role in supporting our school and enriching the educational experiences of our children. Today, we would like to highlight an opportunity that can significantly amplify the impact of your generous donations: match funding.

What is Match Funding?

Match funding is a fantastic way to double or even triple your donations to the Beths Parents' Association without any additional cost to you. Many employers have schemes in place where they match the charitable contributions made by their employees. This can be in the form of direct financial donations or even volunteer time. Some companies match pound for pound up to a certain limit, while others may double or triple the amount of your donation or pay for your volunteer time.



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BETHS PARENTS ASSOCIATION

How to Find Out if Your Employer Participates

Please inquire with your Human Resources department to see if they offer a matching gift scheme. Some employers based outside the UK, especially those in the US, may also have similar programs.

How to Participate

To take advantage of this scheme, please follow your employer's specific procedures for match funding. The Beths Parents' Association will provide any necessary documentation to support your donation. By participating in this program, you can significantly increase the impact of your contributions, helping us to support more initiatives and projects at Beths Grammar School.

For any questions or further information, please contact our executive committee at exec@bethspa.co.uk.

Thank you for your continued support and generosity.

Warm regards, Beths Parents' Association



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Centre Stage Theatre Academy would like to invite the students of Beths Grammar School to take part in Summer Youth Project 2025!

Centre Stage Theatre Academy is a family run company with ten academy locations across Kent. Summer Youth Project has been running at The Woodville, Gravesend since 2014 and past productions such as Oliver, Shrek, Fame, Grease and Legally Blonde have been hugely successful with students returning to take part every year.

Summer Youth Project has a Junior Ensemble for ages 8-12 years and a Senior Ensemble for ages 13-21 years. We would love to share this wonderful opportunity to the students of Beths Grammar School. The course is open to all, and no experience is necessary, just a passion for wanting to learn, have fun and perform.

The course runs from Monday 28th July to Saturday 9th August every day from 10am - 5pm at The Woodville. Students will produce the full musical in just ten days, performing to a live audience complete with a full orchestra, lights, costumes, and a set!

We will be holding auditions on Sunday 16th March for Junior Students to take part in the ensemble and Senior Students who wish to audition for a principal or supporting role.

It is completely free to come along and audition, then after the audition day there is a non-refundable deposit of £50 due to register your space. The full two-week project is £275 inc VAT. and the final balance of £215 must be paid by 30th June 2025. This works out to less than £3.50 per hour for professional tuition and care. Payments plans are accepted.

We like to ensure that opportunities like this are available to all children and young adults, so we do also offer 50% and 100% funded spaces upon application.

We have enclosed some leaflets and posters, which we would really appreciate you putting around the school to promote our Summer Youth Project. Any questions at all please feel free to contact us.

Kind Regards,
Frankie Fitzgerald
Company Director

www.centrestagetheatreacademy.com
info@centrestagetheatreacademy.com
0800 058 2521



AUDITION APPLICATION



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CENTRE STAGE THEATRE ACADEMY

Act. Dance. Sing.

BECKENHAM ACADEMY
THURSDAYS AT LANGLEY
PARK SCHOOL FOR BOYS

MAIDSTONE ACADEMY
TUESDAYS AT ST
AUGUSTINE ACADEMY

BEXLEYHEATH ACADEMY
THURSDAYS AT ST
COLUMBA'S BOYS' SCHOOL

MEDWAY ACADEMY
SATURDAYS AT BRADFIELDS
ACADEMY

BROMLEY ACADEMY
SATURDAYS AT HAYES
SCHOOL

NORTHFLEET ACADEMY
SATURDAYS AT NORTHFLEET
SCHOOL FOR GIRLS

DARTFORD ACADEMY
WEDNESDAYS AT REYNOLDS
TRAINING ACADEMY

ORPINGTON ACADEMY
TUESDAYS AT NEWSTEAD
WOOD SCHOOL

GRAVESEND ACADEMY
MONDAYS AT THE
WOODVILLE THEATRE

SIDCUP ACADEMY
SATURDAYS AT BURNT
OAK JUNIOR SCHOOL

BOOK YOUR
FREE TRIAL **0800 058 2521**
WWW.CENTRESTAGETHEATREACADEMY.COM

CENTRE STAGE THEATRE ACADEMY
SUMMER YOUTH PROJECT 2025
MONDAY 28TH JULY - SATURDAY 9TH AUGUST

Footloose



THE FOOTLOOSE CAST IS OPEN TO ANYONE AGED 8 - 21 YEARS

CONTACT US OR SCAN THE QR CODE

TO BOOK YOUR AUDITION:

0800 058 2521



WWW.CENTRESTAGETHEATREACADEMY.COM **CS TA**

'FOOTLOOSE' A STAGE ADAPTATION BY DEAN FITCHFORD AND WALTER BOBBIE. MUSIC BY TOM SNOW LYRICS BY DEAN FITCHFORD



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FIXTURES AND RESULTS

Results for week commencing 25th February

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
26.02.25	Kent League	2 nd XI	V North Kent College	Away	Won 2-4

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start time
24.02.25	Kent Basketball QF	U14A	V Ravens Wood School	Home	Won 66-55
26.02.25	Kent Basketball QF	U17A	V Canterbury High School	Away	



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FIXTURES AND RESULTS

Fixtures for week commencing 3rd March

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Start time
03.03.25	North Kent Cup	U12A	Year 7 North Kent Football Tournament	Away	2pm
05.03.25	North Kent League	1 st XI	V Langley Park School for Boys	Home	2pm

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start time
03.03.25	Kent Basketball QF	U12A	V Ravens Wood School	Home	3:30pm
05.03.25	Kent Basketball QF	U18A	V Canterbury High School	Home	3pm
06.03.25	Kent Basketball QF	U15A	V Gravesend Grammar School	Home	4pm



*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.

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



#WakeUpWednesday

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ACTIONS FOR HAPPINESS CALENDAR

Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Set an intention to live with awareness and kindness

2

Notice three things you find beautiful in the outside world

3

Start today by appreciating your body and that you're alive

4

Notice how you speak to yourself and choose to use kind words

5

Bring to mind people you care about and send love to them

6

If you find yourself rushing, make an effort to slow down

7

Take three calm breaths at regular intervals during your day

8

Eat mindfully. Appreciate the taste, texture and smell of your food

9

Take a full breath in and out before you reply to others

10

Get outside and notice how the weather feels on your face

11

Stay fully present while drinking your cup of tea or coffee

12

Listen deeply to someone and really hear what they are saying

13

Pause to watch the sky or clouds for a few minutes today

14

Find ways to enjoy any chores or tasks that you do

15

Stop. Breathe. Notice. Repeat regularly

16

Get really absorbed with an interesting or creative activity

17

Look around and spot three things you find unusual or pleasant

18

Have a 'no plans' day and notice how that feels

19

Cultivate a feeling of loving-kindness towards others today

20

Focus on what makes you and others happy today

21

Listen to a piece of music without doing anything else

22

Notice something that is going well, even if today feels difficult

23

Tune into your feelings, without judging or trying to change them

24

Appreciate your hands and all the things they enable you to do

25

Focus your attention on the good things you take for granted

26

Choose to spend less time looking at screens today

27

Appreciate nature around you, wherever you are

28

Notice when you're tired and take a break as soon as possible

29

Choose a different route today and see what you notice

30

Mentally scan your body and notice what it is feeling

31

Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



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

Telephone Number: 01322 556538



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