

BETHS VIP

Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER



Dear Parents, Carers,

This week we saw our Year 8 Spanish students visit Battersea to learn the culture of flamenco & salsa dancing, enjoy a Spanish meal whilst conversing in the language and through role plays. There is a clip on our Instagram page if you'd like to see some of the dance moves! It is always good to develop the language skills by visiting cultural restaurants, as well as the added bonus of sampling some delicious foods, students will need to be 'on the ball' with what they are ordering!

In a recent news article, seven Bexley schools have an overwhelming majority of happy pupils, according to data from Ofsted! Three of the four grammar schools had 1-2% difference, with Bexley Grammar having a 99% rating, Beths came in second with 97%, and Chislehurst & Sidcup coming in third with 96%. Full details can be found here: [7 Bexley schools that are happiest according to Ofsted | News Shopper](#)

The Multicultural Committee (MCC) at Beths are holding a raffle for the Sickle Cell Society and other MCC charity events. Tickets can be bought at the Spring Concert on Thursday 3rd April (6pm), as well as during lunch times. The MCC will also be holding a cake sale on Thursday 3rd April during Key Stage 3 and Key Stage 4/5 lunchtimes in the covered quad area. The yummy cakes and cupcakes will be baked



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by our Sixth Form scholars and members of staff with a selection of lemon drizzle, red velvet, chocolate and oat to name but a few! The amazing raffle prizes consist of a Gift day voucher of your choice (for adults), junior super car driving, paintball for four and a helicopter ride (for students)!!! We hope you can support the MCC and bag yourself a prize (and cupcake) in the process!

Reminder that on Friday 4th April school will finish early. Please see school comms message for the departure timings per Key Stage.



Wednesday 2nd April - Fairfield Hall Bexley Music Event

Thursday 3rd April - 6pm Spring Music Concert

Friday 4th April - Ski trip to Mont Tremblant depart and the Bay of Naples trip departs. Last day of term, school finishes half day (see school comms message for further details)

Have a wonderful weekend,
Richard Blyghton

BATTERSEA SPANISH TRIP

On 24 March, 30 Year 8 students embarked on a Spanish trip to Battersea! They enjoyed flamenco & salsa dancing, interactive role-plays, and a speaking session to boost their conversational Spanish—an immersive experience enjoyed by all!



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SPEECH, MUSIC AND DRAMA EVENING

Some photos from our incredible Speech, Music and Drama Evening! Our talented students put on a spectacular show, impressing everyone with their brilliant performances. Huge well done to everyone who took part—you made it a night to remember!



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SPRING CONCERT

Join us for an unforgettable celebration of music, featuring talented students from Years 7–13! Enjoy performances from big bands, chamber ensembles, band classes, soloists, and the Beths School Orchestra. Tickets can be purchased [here](#)



The poster features a light blue background with large, colorful flowers in shades of green, purple, yellow, and pink. A white treble clef is on the left, and a yellow and black bee is on the right. Musical notes and a treble clef are also present. The text is centered and reads:

BETHS GRAMMAR SCHOOL

SPRING CONCERTS

SPRING CONCERT - 26TH MARCH 2025, 6PM
SPRING CONCERT 2.0 - 3RD APRIL 2025, 6PM

Beths Grammar School, Hartford
Road, DA5 1NE

To book a ticket or for more information, please visit
<https://www.ticketsource.co.uk/Beths-Grammar-School/spring-concert/e-kzaakv> or scan the QR code



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FIXTURES AND RESULTS

Results for week commencing 24th March

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Results
24.03.25	North Kent Cup SF	U16A	Hurstmere	Away	Lost 2-1
24.03.25	District Semi Final	U15A	Medway SFA	Away	Won 2-1
26.03.25	North Kent Cup SF	U15A	Harris Garrard Academy	Home	Won 5-1

Fixtures for week commencing 31st March

BASKETBALL					
Date	Competition	Team	Opposition	Venue	Start time
31.03.25	Kent Basketball Finals	U15A	Ravens Wood School	Neutral	12pm
31.03.25	Jr NBA	U13A	The Howard School	Away	4pm
02.04.25	Kent Basketball Finals	U12A	Rainham Mark Grammar School	Neutral	10am

*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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BETHS PARENTS ASSOCIATION

Our PA meetings are held online on the second Wednesday of each month @ 7.00pm using Microsoft Teams.

Our next meeting will be held on Wednesday 2nd April. Why not join us?

19:00: Apologies and welcome to new attendees

19:05: Chairs Address

19:10 : Treasurer's Report

19:15 : School's Report

19:20 : Beths Parents' Association Core Priorities

19:25 : Community

19:35 : Causes

19:45 : Care

19:55 : AOB

The meeting ID is 335 113 823 146

Passcode EXrPwq



https://teams.microsoft.com/l/meetup-join/19%3ameeting_OWViNTkyZDUtNzYlZC00ZjQ4LWFmNTEtYmEzNWQzYzkxMmE4%40thread.v2/0?context=%7b%22Tid%22%3a%22807c193e-d765-45d0-9e7e-6a79c9117688%22%2c%22Oid%22%3a%2266c49377-3d23-4f70-a766-5ac69297b626%22%7d



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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 BLUESKY

AGE RESTRICTION
13+

With an App Store rating of 17+ & Google Play rating Mature

WHAT ARE THE RISKS?

While Bluesky has been around since 2019, it's suddenly taken off in a big way thanks to a significant exodus from X (formerly Twitter). Indeed, it looks and behaves a lot like Twitter before Elon Musk bought the platform. Bluesky has been touted in recent months as a safer, more open-minded alternative to X – but like any social media site, it still has its share of risks.

NO PRIVATE ACCOUNTS

While most social networks allow accounts to be private, at the time of writing, all Bluesky accounts must be public. The development team has indicated this might change in the future, but the app is built on a public-first protocol. If private accounts are ever introduced, it may only be in a limited way – such as through the implementation of group chats.

INTERACTIONS WITH STRANGERS

Every account being public means that anyone can be contacted by anyone else. While users don't have to respond and can easily block people and move on, it does mean that youngsters are at particular risk of being conned by scammers, messaged by predatory adults or exposed to others with ill intentions. These hazards can be compounded by the fact that Bluesky doesn't require its users to provide their real name.

TROLLING AND BULLYING

While Bluesky currently feels a lot friendlier than X seems to have become, its lack of private accounts means that there's nothing to stop users from trolling and cyberbullying younger people. While accounts can be blocked and reported, a persistent bully could simply create a new profile, potentially making their victims feel unsafe in continuing to use the app.

DANGEROUS MISINFORMATION

Established news organisations have fact-checking and editing processes, but social networks have no such controls and can often serve as breeding grounds for misinformation and disinformation. Bluesky will possibly be no different once it reaches a certain size, and children may not have the critical thinking skills to tell fact from fiction – or to discern an informative, honest user from a malicious one.

ADULT TARGET AUDIENCE

Bluesky isn't designed with children in mind, and there aren't many parental controls on the platform. In an interview with the BBC, Bluesky's CEO originally said that the app would only allow users aged 18 and above to sign up, but a spokesperson later clarified its age restriction as 13+. This could imply the app was originally meant for an adult audience and suggests that making the platform more child-friendly might not currently be a priority.

RAPID GROWTH

At the time of writing, Bluesky seems calm in comparison with other social networks where moderation is lax and the atmosphere toxic – but that's due at least in part to its smaller community. The app has recently been adding as many as a million users per day, and if that continues, there'll be more unpleasant users to handle, and moderators could struggle to maintain the pleasant environment Bluesky is currently known for.

Advice for Parents & Educators

USE THE ADULT CONTENT FILTER

Bluesky doesn't have much in the way of parental controls, but there are content filters which can hide sexual and graphic imagery. These are enabled by default for underage accounts but can be manually turned on in the 'Moderation' section of the app's settings. The 'advanced' Bluesky Moderation Service lets you restrict content even further, hiding – for example – self-harm content, extremist rhetoric, and even rude posts.



LOOK OUT FOR FAKES

Impersonation is a problem on all social networks. While the consequences are usually benign, imposters sometimes attempt to scam or groom children by pretending to be a popular influencer or online personality. Bluesky is unique in that it can be connected to official domains, with users' handles linking to other sites; while this isn't widely used right now, it could be a reliable way to verify celebrities and public figures in future.



ENCOURAGE BLOCKING AND REPORTING

Another tool that Bluesky uses to ensure a decent experience is muting and blocking accounts. The former prevents you from seeing a specific user's content, while the latter stops them from seeing yours. If a child is encountering trolls or bullies on the platform, encourage them to use this function, while also reporting the offenders to help make the platform a nicer place for everyone.



KEEP AN OPEN DIALOGUE

As with all social media platforms, moderation and content filters can only do so much; it's highly likely that a child will eventually face something unsavoury. For that reason, it's important to make sure that young people are aware of the risks and know how to handle the technology if anything they see on the app makes them feel unsafe or uncomfortable.



Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, The Guardian and The New Statesman.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/bluesky-app>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 26.03.2025



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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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