

BETHS VIP

Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER



Dear Parents, Carers,

We wish our Year 11s and 13s all the best for their GCSEs and A Levels and hope that all the hard work comes to fruition in the summer when they collect their exams results.

Our Year 12 scholars go out on their work experience next week. Those who have not found their own placement will be in school to complete virtual work experience programmes.

Next week we will be celebrating our Mental Health & Wellbeing week. There will be a number of Connect Clubs running during the week's lunchtimes, activities and scholars finish early on Wednesday 14th May, KS3 leave at 12noon and KS4/5 leave at 12:50pm (unfortunately this does not apply to students sitting their examinations!) We look forward to seeing the event unfold next week.

Year 9 move onto the KS4 timetable from Monday 12th May, to ensure a seamless transition to KS4 ahead of September 2025. Their curriculum remains unchanged this term and they will finish at 3:30pm each day. A school comms message has been sent to parents with more details.



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Beths 80th Birthday Celebrations!

On Saturday 28th June we will be hosting a birthday celebration for our 80th birthday and would love for you to join us. Bring along your family and friends and be entertained by our Summer Music Concert, see the fabulous artwork from our scholars in our Art exhibition. There will be sporting activities on the field, inflatables and bouncy castles (wrist bands available), craft stalls, face painting, food vans, ice cream van, our Prefect and MCC teams will be running traditional fun games with prizes. There will be some parking available on site.

We have some tables available for hire if you have a craft item you wish to sell. Please contact headoffice@beths.bexley.sch.uk if you would like to book.

With the typical English weather being sunny and warm one minute, then the temperature drops the next! Next week the temperature is looking to increase to the low to mid 20s, therefore, please ensure your child has a water bottle which can be filled up at our water points.



Monday 12th May - Year 12 Work Experience week

Tuesday 20th May 6pm Year 12 UCAS Launch evening

Thursday 22nd May - 6pm Year 8 Camp Meeting for Parents

Friday 23rd May - Last day of term

Have a wonderful weekend,
Richard Blyghton



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GOODBYE AND GOOD LUCK YEAR 13

We said goodbye to our amazing Year 13s this week, reflecting on their incredible journey over the past 7 years. You've grown into thoughtful, resilient young people and have truly inspired our community. Best of luck in your exams – we're all rooting for you!

We also wish our Year 11 the best of luck in their upcoming exams and we look forward to welcoming them back in September.



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BEST OF THE BETHS

Hot off the Press! Best of the Beths April 2025 edition is now available to be viewed by clicking [here](#). This months issue includes Memorial for Alexander Cardoza Written by: Edwin 12C1 , The Future of Space Tourism Written by: Lucas 9W, Choosing Your GCSE Options Written by: Ehimen 9W| and much much more!

BEST OF THE BETHS
EDITION #32



THE BEST OF APRIL 2025



FAEQ 9B

Greetings, readers! I hope you've had a good and restful Easter holiday as under one-third of this academic year remains. I am Faeq (**pronounced: El-eek**) of 9B, and despite now becoming the *editor* of Best of the Beths, I will continue to produce articles for you! This month, my focus shifts back to the NASCAR Cup Series, and by the time you would've read this (at least) nine of the 36 points races this year would've gone by. So what exactly has happened since my season preview back in January? Here's your opportunity to find out as I briefly recap the opening quarter of the 2025 NASCAR Cup Series season! 🏁

Round 1: The 2025 Daytona 500
45 teams entered this year's Daytona 500, but 41 of them qualified for the main event. The big names of the Cup Series would be joined by the likes of 4-time Indianapolis 500 winner **Helio Castroneves** (#91 **Trackhouse Racing**) and **Martin Truex Jr.** (#14 **Truex Motorsports**), who retired from full-time competition at the end of 2024. **William Byron** (#14 **Hendrick Motorsports**) eventually won his second consecutive Daytona 500 after avoiding a last-lap crash that involved many of the leaders. Perhaps surprisingly, 7-time champion and now part-time driver **Jimmie Johnson** (#14 **Legacy Motor Club**) came home 3rd. This therefore marked his best result in the '500 since winning it for a second time in 2013, as well as his first top-5 finish in a Cup race since 2020 - among other things!

William Byron (#14 **Hendrick Motorsports**) celebrates with a burnout after winning the NASCAR Cup Series Daytona 500 at Daytona International Speedway on February 16th 2025. Byron became the 5th driver ever to win back-to-back Daytona 500s, as well as the youngest ever to accomplish such a feat. (IMAGE CREDIT: Getty Images)

Rounds 2-3: Atlanta 1 and Circuit of the Americas
A week after the Daytona 500 came the first Atlanta race of 2025. This was forced into overtime following a late caution, and **Christopher Bell** (#15 **Joe Gibbs Racing**) would win after being ahead of **Carson Hocevar** (#17 **Spire Motorsports**) and **Kyle Larson** (#15 **Hendrick Motorsports**) at the last moment of caution. The Circuit of the Americas played host to Round 3, and this was the first road-course race of the season (where the drivers would turn left and right). In the first race with the new track layout, **Christopher Bell** would pass **Kyle Busch** (#14 **Richard Childress Racing**) for the lead with 5 laps to go and hold on to score the win in Austin (Texas' capital city), as well as back-to-back victories.



MEMORIAL FOR ALEXANDER CARDOZA

EDWIN 12C1

Nobody could smile the way that Alex did.

He was well-known and well-loved by the majority of the school, so I'm sure many people would be able to testify to this. He was almost always smiling, whether it was during Year 11 English with Dr Easton after someone said something funny, or during a PE lesson after one of us punted a football sky high - even when playing video games with him, you could feel him smiling through the screen. Alex had such a perfect blend of mischief and maturity. Even when his laughter rang across classrooms and halted the lesson, he was always paying attention, always listening, one of the most intelligent people I ever knew. It was like he was always thinking.

His academic skills were not overlooked - he was awarded with a well deserved Honours Tie and other accolades for his academic prowess. He put 100% into everything, and that included being a ray of light to brighten even the darkest days. He shined brighter than the sun ever could. His middle name, 'Adnan', has many meanings, but I think the one that fits best is 'Paradise', because that's how school felt when he was around, cracking jokes that made us all raise our eyebrows before breaking into complete, hysterical, body-shaking laughter.



You don't know how much you'll miss somebody until they're gone. If I had just one more moment with Alex, I'd make sure to tell him we love him. We miss him. We miss the way he lit up the room. But we all know that Alex would want us to remember him as the happiest boy in the world. And so we simply hope he rests in peace.

Gone, but never, ever forgotten.
We will keep smiling for you, Alex.

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YEAR 7

MANDARIN EXCELLENCE PROGRAMME

Year 7 MEP students had their first trip as part of the MEP programme on 30 April, visiting a local Chinese restaurant. Not only were they amazed by the authentic Chinese cuisine, but they were also inspired by the engaging activities that took place before the meal.

They began by learning how to order a drink in Chinese through a fun song, "Please give me...". Groups competed for the best pronunciation and later used what they had learned to successfully order their drinks. Even the restaurant staff gave them a big thumbs up!



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YEAR 7

MANDARIN EXCELLENCE PROGRAMME

Another highlight of the trip was using chopsticks. After some practice, all students gave it a go—even those who had never used chopsticks before. Their enthusiasm and willingness to try new things made a great impression on both the teaching staff and restaurant employees. The restaurant staff provided positive feedback, noting how polite all the students were throughout the visit. We look forward to having them join us again on our next MEP trip!



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STUDENT SUCCESS

A massive congratulations to Gabriel and the Win Taekwondo Academy Poomsae Team!

Gabriel delivered an outstanding performance at the London International Open Poomsae Taekwondo Championships last weekend. From powerful routines to personal bests and podium finishes, he made us incredibly proud every step of the way.

He didn't just show up—he showed out. Gabriel pushed beyond his limits, broke personal records, and stood out in one of the most competitive events on the calendar.

His hard work, discipline, and team spirit truly shone throughout the competition.



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STUDENT SUCCESS

Gabriel fought his way to an incredible 1 Gold and 2 Silver medals, demonstrating skill, consistency, and heart in every round.

These achievements aren't just medals—they represent countless hours of training, perseverance, and dedication, all while balancing the demands of his mock exams during the same period.

Great things come from hard work and resilience—qualities Gabriel consistently embodies through his attitude and behaviour.

We are beyond proud of Gabriel. – **By Gabriel's Mum and Dad**

Congratulations, Gabriel! Everyone in the Beths community is incredibly proud of you, and we will always continue to root for your success.



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STUDENT SUCCESS

Well done to Mateusz, Rudy, Victor and Radin who played tennis last week v Chis & Sid. The final score was 8-4 to Chis & Sid, but all matches were played with a great spirit and there was some fantastic tennis on display.



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STUDENT SUCCESS

We are delighted to share the outstanding achievements of Jinmi in recent international Taekwondo competitions, representing Great Britain on the world stage.

November 2024 – World Poomsae Taekwondo Championships, Hong Kong

Jinmi was selected to represent Great Britain as part of the U14 Boys Team. He travelled to Hong Kong from 25th November to 6th December 2024, where he undertook intensive training alongside his teammates. The GB U14 Boys Team narrowly missed a podium finish—placing just one spot away from a medal at the World Championships. This was a remarkable achievement and a testament to the hard work and dedication of the team.

April 2025 – European Poomsae Taekwondo Championships, Tallinn, Estonia

During the Easter school break, Jinmi spent six days in Estonia, participating in rigorous training and competing on 16th and 17th April. With a slightly altered team lineup from the World Championships, the GB U14 Boys Team advanced through the rounds and earned a Silver Medal, finishing as runners-up to Turkey. A phenomenal result—European Silver Medallists.



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STUDENT SUCCESS

May 2025 - London International Poomsae Competition

Held at the Lee Valley Athletics Centre on 3rd and 4th May, this event welcomed athletes from across Europe and even as far as Mexico. Jinmi competed in the U14 Boys Individual and Team categories. He achieved Gold as part of the Team, further cementing his place as a rising talent in the sport.

These achievements reflect not only Jinmi's talent, but also his resilience, discipline, and commitment to excellence. Congratulations, Jinmi—we are incredibly proud! - **By Jinmi's dad and mum.**



If your scholar have any success stories that they would like to share with the Beths community. Please email Mseluwa@beths.bexley.sch.uk



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YEAR 10 AND YEAR 12 TRIAL EXAMS

Well done to all our year 10 and year 12 students who have successfully completed their first round of trial exams. The clear dedication and commitment to study along with their behaviour and attitude has been excellent. Well done all.



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SPORTS FIXTURES

Fixtures w/c Monday 12th May

| CRICKET | | | | | |
|----------|----------------|------|---------------------------------------|-------|------------|
| Date | Competition | Team | Opposition | Venue | Start time |
| 13.05.25 | North Kent Cup | U15A | Chislehurst and Sidcup Grammar School | Away | 4pm |

| TENNIS | | | | | |
|----------|-------------|------|---------------------------------------|-------|------------|
| Date | Competition | Team | Opposition | Venue | Start time |
| 14.05.25 | League | U13A | Sutton Valence School | Away | 2pm |
| 14.05.25 | League | U13A | Chislehurst and Sidcup Grammar School | Away | 2pm |
| 15.05.25 | League | U15A | Eltham College | Away | 4pm |

| BASKETBALL | | | | | |
|------------|-------------|------|---------------------------------------|-------|------------|
| Date | Competition | Team | Opposition | Venue | Start time |
| 15.05.25 | Jr NBA | U15A | Jr. NBA 3v3 Tournament West Play-Offs | Away | 9:30am |

| ATHLETICS | | | | | |
|-----------|----------------|------|-------------------------------|-------|------------|
| Date | Competition | Team | Opposition | Venue | Start time |
| 16.05.25 | Athletics ESAA | U13A | Bromley Athletics (Kent ESAA) | Away | 10am |
| 16.05.25 | Athletics ESAA | U15A | Bromley Athletics (Kent ESAA) | Away | 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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SPORTS RESULTS

Results w/c Monday 5th May

| FOOTBALL | | | | | |
|----------|-------------------|------|------------|-------|---------|
| Date | Competition | Team | Opposition | Venue | Results |
| 07.05.25 | North Kent Finals | U12B | Hurstmere | Away | Lost |

| CRICKET | | | | | |
|----------|----------------|------|---------------------------------------|-------|---------|
| Date | Competition | Team | Opposition | Venue | Results |
| 06.05.25 | North Kent Cup | U13A | Chislehurst and Sidcup Grammar School | Away | Lost |
| 06.05.25 | North Kent Cup | U14A | Chislehurst and Sidcup Grammar School | Away | Won |
| 08.05.25 | Kent Cup | U15A | The Judd School | Away | TBA |



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BETHS PARENTS ASSOCIATION



Supporting Community, Causes and Care

Hello there! 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 14th May. 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_OWViNTkyZDUtNzY1ZC00ZjQ4LWFmNTetYmEzNWQzYzIxMmE4%40thread.v2/0?context=%7b%22id%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.

10 Top Tips for Parents and Educators

FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

9 RECOGNISE EFFORTS REGULARLY

Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/fostering-a-sense-of-belonging

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ACTIONS FOR HAPPINESS CALENDAR

Meaningful May 2025

MONDAY



5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

TUESDAY



6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

WEDNESDAY



7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight

THURSDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

FRIDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

SATURDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

SUNDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why



ACTION FOR HAPPINESS

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