

BETHS VIP

Excellence - Community - Respect

MESSAGE FROM THE HEADTEACHER



Dear Parents, Carers,

This term we have come together for Mental Health and Wellbeing week. Scholars had the opportunity to participate in Connect Club everyday, activities during form time, writing notes of kindness to staff, as well as reminding everyone of the importance to take time for oneself, away from all dramas and worries. On the 14th May we had a wellbeing afternoon where

scholars and staff could have time to themselves to do something they wouldn't normally give themselves time to do such as; team building, catching up with friends etc.

The start of this term can be an anxious time because of the public examinations. Scholars are reminded that there are mental health first aiders within school who are available if they are worried about the exams, assessments or if anything else is troubling them.

We had some great sporting achievements recently. Our Year 8A football team won the North Kent Cup Final, and our Year 8B football team came second in their respective games. The Athletics Intermediate team won and the Junior team came second in their respective age group at the Bromley Athletics competition. The South East Athletics Finals will take place on the 19th June in Medway.



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Our Year 10 Football team narrowly missed out in the U15 District Cup final against Brighton SFA. While it wasn't the result we hoped for, it was a tremendous honour for the team to represent Bexley District. Congratulations to all our scholars who have proudly represented Beths across various sporting competitions—you've made us all proud!

One of our Sixth Form scholars, Edwin, was nominated for a Jack Petchey award for his initiative in collecting empty crisp wrappers (the ones with foil inside) to help make blankets for the homeless. Edwin donated the prize money to provide first aid training to scholars in the school. What a generous and brilliant initiative to share with others, you can read more about this in this newsletter.

I hope you all have a good, relaxing half term break. For our Year 11s and 13s who are busy revising. Keep up the good work, do your best and you will reap your efforts in the summer.

Kind regards,
Richard Blyghton



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STUDENT FIRST AID COURSE

On Wednesday 21st May, using funding from the Jack Petchey Award, 15 students, including the Head Prefect Team, Sports Captains and Members of the Medicine Society, attended a First Aid Training course. Personally, I found the experience incredibly enlightening and interesting. The theory was not only engaging but thrilling to learn about, while the practical elements really helped to tie everything together and show the uses of what we had been taught. As an aspiring medic, this was a really gratifying opportunity as it acted as a glimpse of the career I hope to pursue in the future. I also really enjoyed attending the session with my peers, who also had some things to say about the course:

“First aid training was a very interesting and amazing learning experience that I was glad to be apart of. The amount of skills and experience that I have gained will boost my credibility of my CV and my personal statement for UCAS. Thank you, Edwin, for this practical experience with other people as now I was able to experience a rare opportunity.” – Irewole, Member of Medicine Society



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STUDENT FIRST AID COURSE

“The first aid training course was very insightful and helped me develop an in depth understanding on first aid. I was able to gain knowledge and confidence on how to respond to emergency situations as well as teaching life saving skills which will be valuable in the future. It was also very practical and engaging.” – Ayo, Vice President of Medicine Society

“I thoroughly enjoyed learning how to complete first aid, and if I ever ended up in a situation where it was required, I feel more capable to help than before. The most interesting part of the course was learning the simple ways you can help prevent further damage to the casualties, such as raising their legs if they are in shock.” – Charles, President of Medicine Society, House Captain

Overall, it was a fantastic opportunity! I hope more experiences like this can be brought to BETHS to expose us to unique opportunities and help us prepare for the future through gaining life skills. – Edwin, Vice President of Medicine Society, Deputy Head Boy



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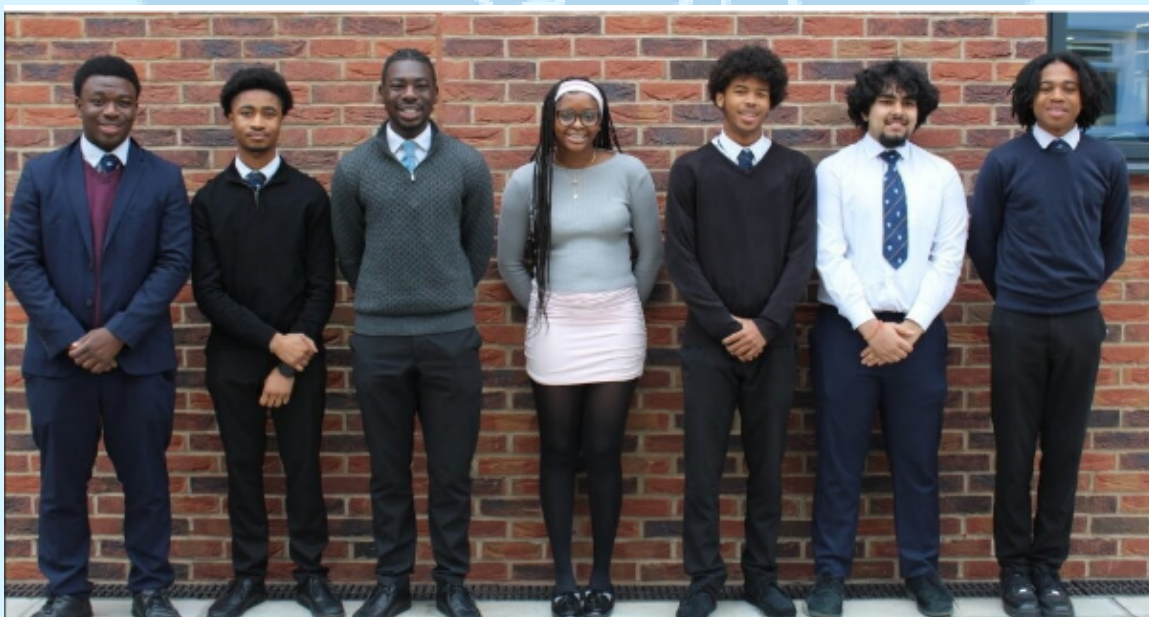
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CAREERS CATCH-UP

Year 13 Apprenticeships

The Beths Careers Team know how competitive it is to secure a top-level apprenticeship, and we support students throughout the process of finding, applying and securing apprenticeships at all levels. We have a specific Apprenticeship Teams channel where we share key information with students, and our annual apprenticeship event gives students the opportunity to talk directly to the employers and former students. Each company has a different application and interview process and our alumni mentors support applications to specific companies. The interview process for apprenticeships is extremely rigorous, and we provide students with interview practice, in groups and individually, and a place where students can do online interviews.

The Careers Team aims to put our students in the best position to succeed by helping them connect with individuals who can advise them, and identifying and developing transferable skills that appeal to employers. Everything we do is designed to give our students the confidence and space to prepare and perfect their technique.



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CAREERS CATCH-UP

We're so proud of the Year 13 students who have secured apprenticeships at top companies, including the big four accountancy firms – KPMG, EY, PwC and Deloitte! After leaving Beths our amazing students will be working at Amazon, Babcock, BAE, Barclays, Bloomberg, Charles Russell Speechlys, Grant Thornton and ISIO and studying Engineering, Law, Marketing, Audit, Finance and Investment.

Year 12 Work Experience

During the week of 12th to 16th May our Year 12 students were able to take part in work experience. We're so proud that our students were able to find placements at some amazing companies, and could explore a wide variety of career paths.

Beths was represented at companies British Petroleum, The Old Naval College Greenwich, BMW, Laing O'Rourke, TFL, Worldpay, AON and Deutsche Bank. Students explored a variety of career paths including law, architecture, banking and finance, dentistry, jewellery design, real estate, conservation and engineering.

Medicine and healthcare are always a popular route for our students and many secured placements within this field. Students worked at NHS Trusts including Lewisham and Greenwich and Guys and St Thomas', and prestigious hospitals including Great Ormond Street and Evelina Children's Hospitals, Kings College Hospital and the Royal Hospital for Neuro-Disability. Students worked in clinical departments such as respiratory services, vascular surgery, urgent care, obstetrics, psychiatry, haematology and the ambulance service, but also non-clinical roles like engineering, finance, data protection, communications and HR.



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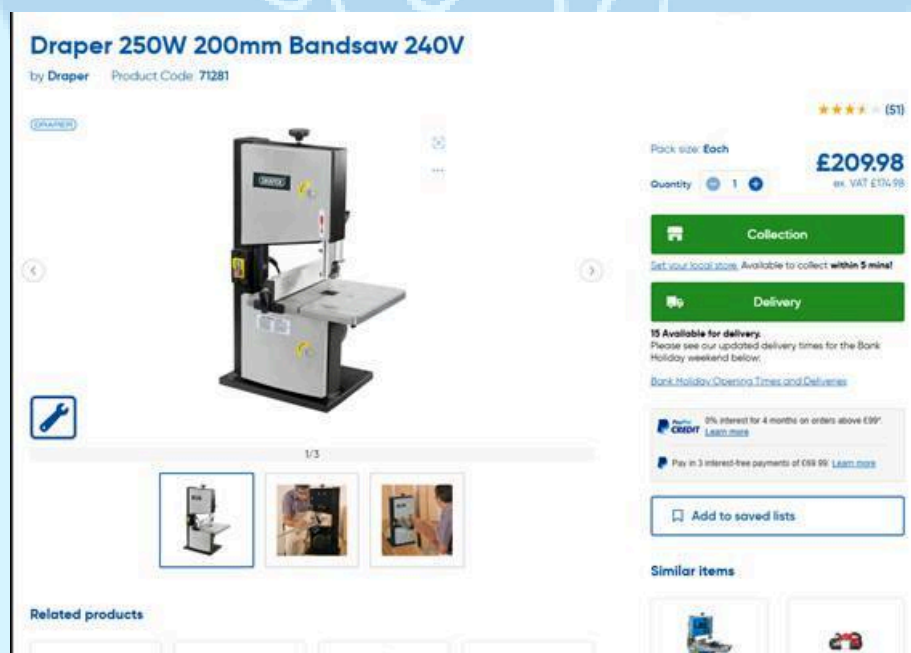
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YEAR 9 DESIGN AND TECHNOLOGY LESSONS

Our Year 9 Design and Technology students have been exploring the costs involved in setting up a workshop, taking on the challenge of budgeting to equip an empty space with essential tools, machinery, and equipment. This practical task helps them develop important budgeting and financial skills, complementing what they've learned in their PSHCE lessons.

Hypothetical Scenario:

- You have a completely empty DT workshop.
- You have a budget of **£100,000** to buy equipment, tools etc.
- Classes of **20**.
- Fill that workshop with everything you would need for a Design & Technology lesson!



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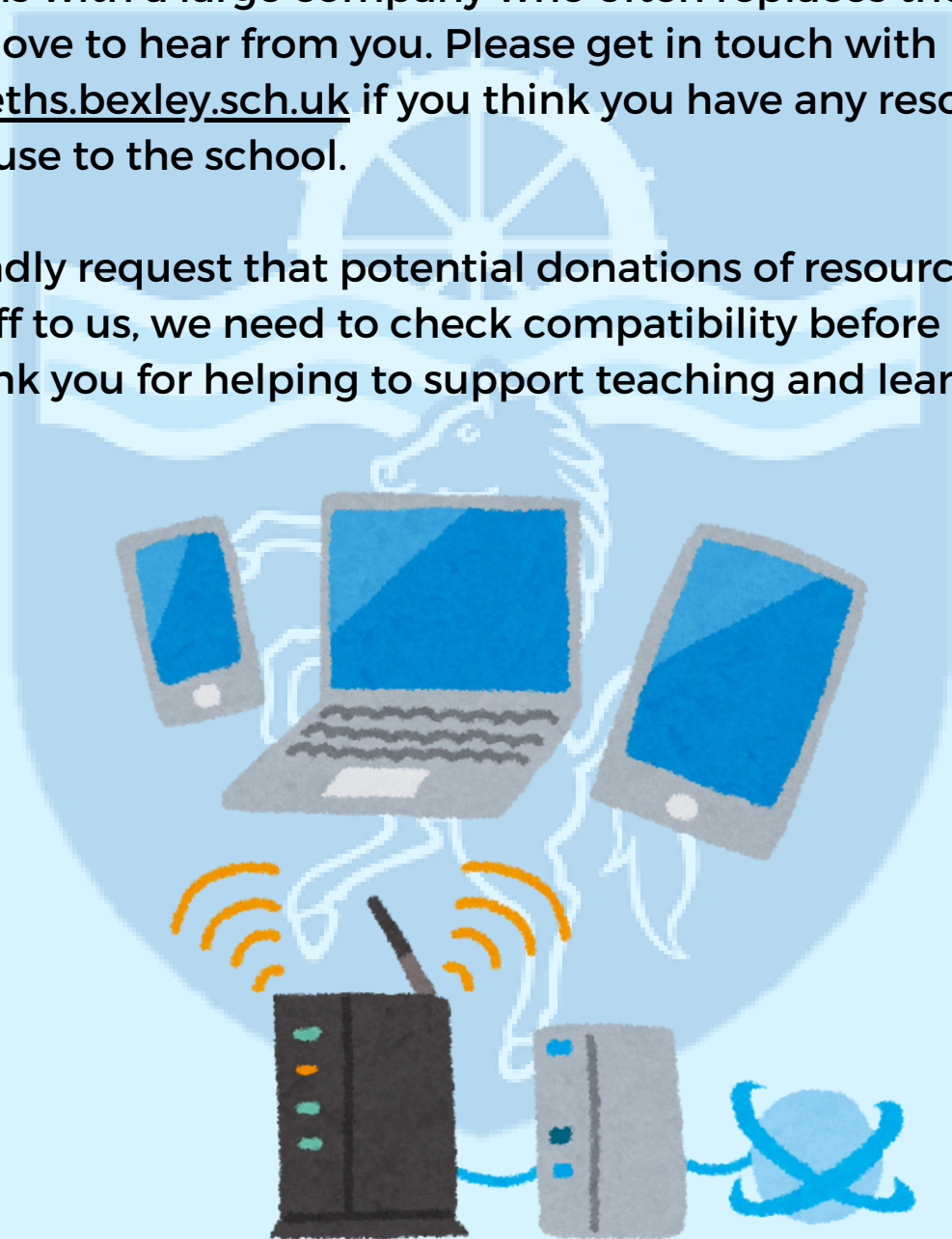
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TECH REQUEST

Dear Beths community,

To support our scholars we are always looking to update our resources in school. If anyone in our wider Beths community works for or has connections with a large company who often replaces their technology, we would love to hear from you. Please get in touch with admin@beths.bexley.sch.uk if you think you have any resources which may be of use to the school.

Can we kindly request that potential donations of resources are not just dropped off to us, we need to check compatibility before receiving any items. Thank you for helping to support teaching and learning at Beths



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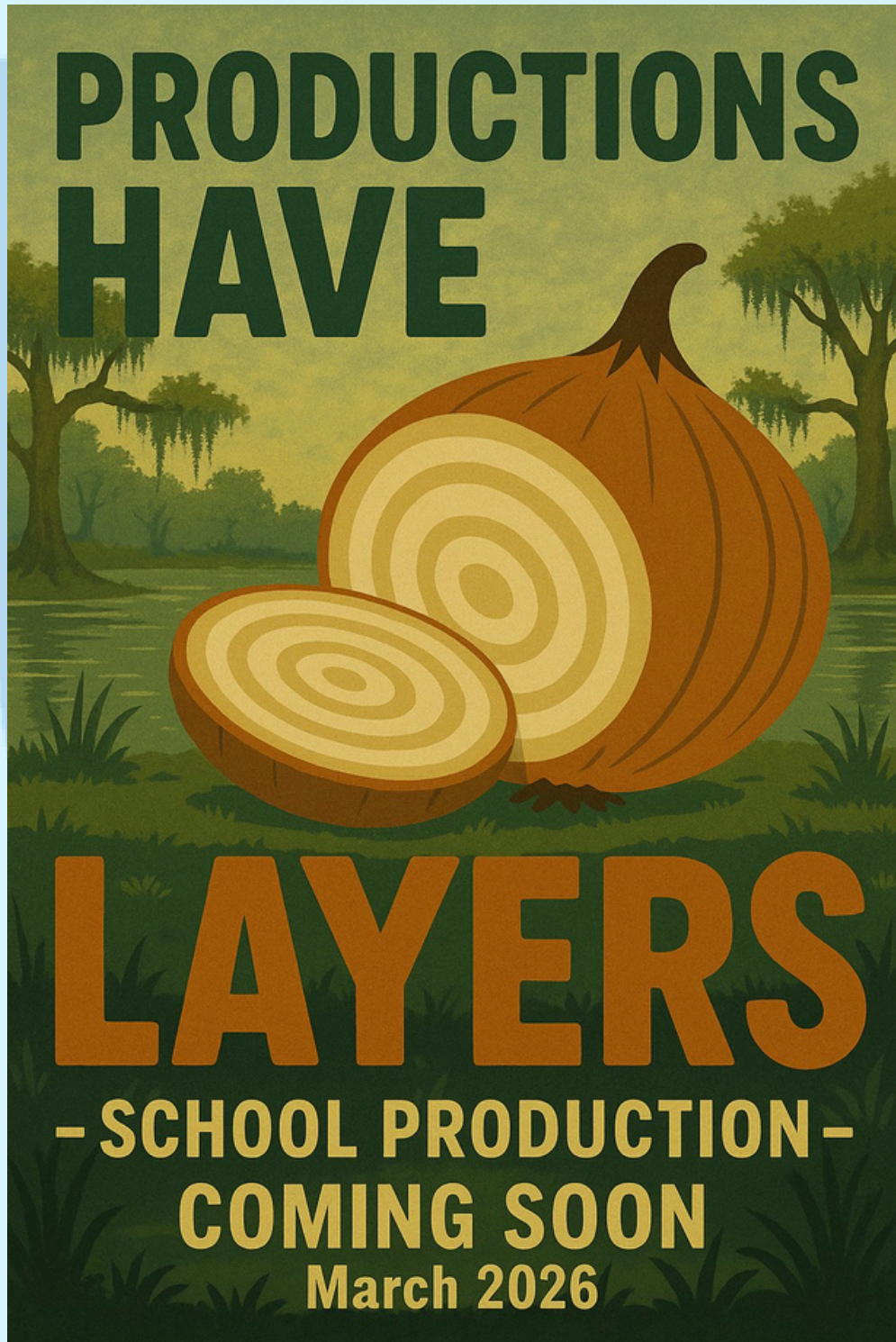
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SCHOOL PRODUCTION

Get ready for fairy tales, fun, and a whole lot of green. Can you guess our next school production?

Hint: the main character is green

All will be revealed after half term!



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CAREERS SUPPORT

Supporting Career Choices

What Every Parent and Carer Should Know



Learn how you can support your child's career choices

We're hosting a **FREE** event for **parents and carers** who want to support their child(ren) to make informed choices about their futures.

At the event you'll hear from experts including:

- Large Local Employers
- Apprenticeship Providers
- Colleges and T-Level Providers
- Universities

FREE DINNER AND PARKING AVAILABLE

SCAN THE QR CODE TO BOOK NOW:



**Wednesday
16th July**

3:30pm - 6:30pm

📍 CEME Business
Campus, Rainham,
RM13 8EU



Funded by
UK Government



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Careers Hub East

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**THAMES
FREEPORT**
GLOBAL OPPORTUNITY. SHARED FUTURE.

**THE CAREERS &
ENTERPRISE
COMPANY**



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SPORTS FIXTURES

Results w/c Monday 19th May

FOOTBALL					
Date	Competition	Team	Opposition	Venue	Results
21.05.25	North Kent Finals	U13B	Hurstmere	Neutral	Lost 0-3
21.05.25	North Kent Finals	U13A	Hurstmere	Neutral	Won 3-1

TENNIS					
Date	Competition	Team	Opposition	Venue	Results
19.05.25	League	U13A	Skinners School	Away	Won 6-7
20.05.25	League	U13A	Tunbridge Wells Grammar School for Boys	Away	Lost

CRICKET					
Date	Competition	Team	Opposition	Venue	Results
20.05.25	North Kent Cup	U13A	St Dunstan's College	Away	Lost
22.05.25	North Kent Cup	U12A	Chislehurst and Sidcup Grammar School	Away	Lost

*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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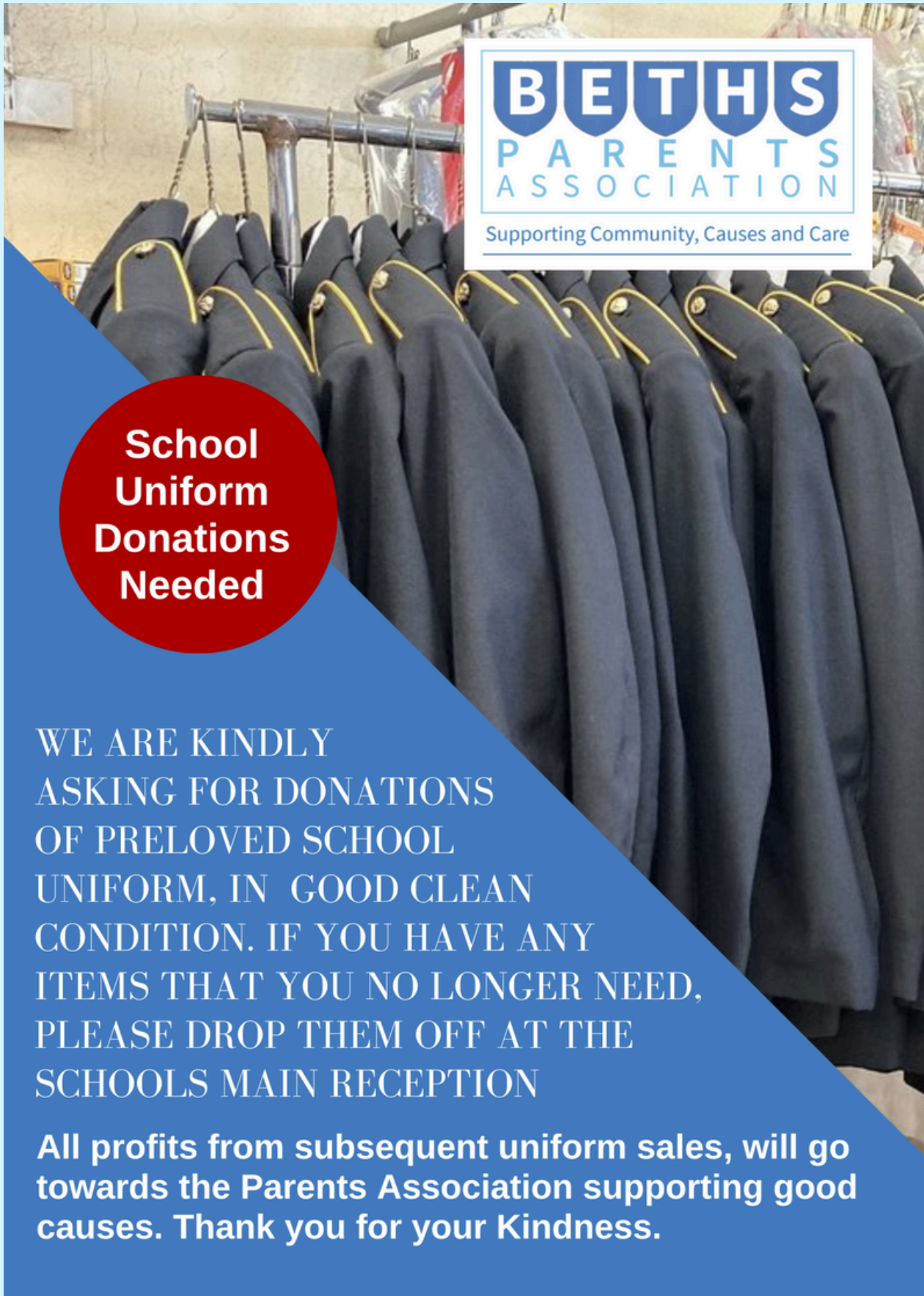


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BETHS PARENTS ASSOCIATION



BETHS
P A R E N T S
A S S O C I A T I O N

Supporting Community, Causes and Care

**School
Uniform
Donations
Needed**

WE ARE KINDLY
ASKING FOR DONATIONS
OF PRELOVED SCHOOL
UNIFORM, IN GOOD CLEAN
CONDITION. IF YOU HAVE ANY
ITEMS THAT YOU NO LONGER NEED,
PLEASE DROP THEM OFF AT THE
SCHOOLS MAIN RECEPTION

**All profits from subsequent uniform sales, will go
towards the Parents Association supporting good
causes. Thank you for your Kindness.**



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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 11th June.

Why not join us?

The meeting ID is 335 113 823 146

Passcode EXrPwq

https://teams.microsoft.com/l/meetup-join/19%3ameeting_OWViNTkyZDUtNzY1ZC00ZjQ4LWFmNTEtYmEzNWQzYzkxMmE4%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 VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'laugh off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportharmfulcontent.com.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK 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 onlinemedialawuk.com for more.



#WakeUpWednesday

The National College

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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

Happier · Kinder · Together



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HARTFORD ROAD
BEXLEY
KENT
DA5 1NE

Email Address: admin@beths.bexley.sch.uk

**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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