



Beths Grammar School

an 11 – 18 selective school with academy status

Headteacher: Mr R J Blyghton

14th November 2025

Dear Parents and Carers of Year 10 scholars,

As we are now in the middle of November and Men's Mental Health month, I wanted to inform you of our charitable initiatives that are being introduced to the year group over the next week. As always, I am conscious to ensure that the year group have been provided with opportunities to reflect on the challenges that many within society face and what practical things we can do to combat these problems.

In building my relationship with Bexley Foodbank as a school, this year I have learnt that many of those who use the foodbank are single men. In an assembly delivered by Eardley this week, centered around Men's Mental Health, I was very proud of the sensitivity shown from the scholars within the year group in acknowledging the pressures within our local community, in which men face specifically. It is without a doubt that these difficulties increase evermore as we approach Christmas and deeper into the winter season, despite some unusually warmer weather this year. As a result, the year group will be working closely with the Medicine Society and MCC in the Sixth Form to raise awareness and money for Men's Mental Health charities in the build up to the end of 2025.

Bexley Foodbank do more than simply providing food to those who are struggling in our local community. Many of the people who are using the foodbank cannot afford to heat their homes and dress warmly during the colder months. The combination of this increased financial pressure paired with the social expectations of Christmas, can make the following months unpleasant and stressful for many. Therefore, this year I have made an agreement with Bexley Foodbank to ask for some special donations from our school. For those who are able, donations of new pyjamas of all sizes, hot water bottles and gift sets are welcomed.

The final day for scholars to donate to this cause is on Monday, 15th December. Please help us work together to support our community by supporting your scholar in bringing in a donation to the collection. A list of urgent and surplus products can be found on the Bexley Foodbank website: <https://bexley.foodbank.org.uk/give-help/donate-food/>. Please note that food containing alcohol, including mince pies and Christmas puddings are not accepted and all donations should be dropped off and collated in the tutor room.

Yours faithfully,

Miss Sarah Stevens
Head of Year 10