



Beths Grammar School

Excellence – Community – Respect – Nurture

Week Ending Friday 11 October 2019

Open Events

Tuesday and Wednesday this week saw the first of our Year 7 September 2020 Open Events.

We have had some great feedback from our visitors and we were all really impressed with Oscar S, our Year 7 speaker, who on both days was able to stand up in front of a big audience and tell us about his first few weeks at Beths. Other comments made by visitors were:

'Our student guide, Uriel, was excellent. He was a great ambassador for the school, answered all our questions thoughtfully and conducted the tour very well. We appreciated the opportunity to have refreshments and the individualised tour.'

'Our guide Samuel was very helpful and answered all our questions. He had only joined you a couple of weeks ago, so very impressive.'

'My guide was fantastic, his name was Aiden and he was a Year 7 student who used to go to Old Bexley. Considering he had only been attending Beths a short while, he was incredibly polite, informative answering all our questions and extremely approachable a very good representative for the school. I did not attend the head student's chat or the Head's closing talk so on the guide alone, I was very impressed.'

'We felt the school had a good feel about it. Teachers were very welcoming in lessons and our guide was very informative.'

Thank you to everyone who helped out during these events and a huge thank you to all our Year 7 tour guides. As you will note from the comments made, our visitors were very impressed!

Tomorrow sees our first Open Weekend Morning, as a replacement to our traditional open evening. We look forward to seeing more visitors and in advance, a huge thank you to all the staff and students who are coming in tomorrow to show off our great school!

A small note, there are bus replacement services on some of the local trains, so please check before you travel!

World Mental Health Day – 10 October – by Douglas B, 10C

Wednesday 10 October was World Mental Health Day, supported by the #HelloYellow campaign. As a school we decided to participate by all wearing yellow stickers to show our appreciation of the importance of mental health. From the early, early time of eight in the morning, Wellbeing Champions stood at the school gates, blowing up yellow balloons and sticking stickers of the same colour onto unsuspecting students whilst screaming "Happy World Mental Health Day!" at the top of our voices.



Somehow, despite the traditional British freezing temperature, despite the time, despite the fact that I had Maths homework to do for Period 1 which I hadn't completed yet (sorry Mr Healy), we managed to gather up positive energy as a group and exude it together to our school community. By putting yellow stickers on everyone, not only were we strengthening the sense of community, but we were reminding our fellow students of the importance of mental health, which is something often forgotten. As a school we managed to put smiles, albeit slightly confused ones, on close to everyone's faces by participating in the #HelloYellow campaign and that's something that I believe the whole school should be proud of.



As part of the push for the importance of wellbeing, the Wellbeing Champions have also set up CONNECT Club, on Wednesday lunchtimes in C4, which offers the chance to socialise with new people over a selection of games.

As well as that, I, along with a couple of other Wellbeing Champions, have been talking to the Year 9s about the importance of having a good mental health.

Truth be told this day couldn't have been done without the school councillors and the rest of the students and sixth formers in the Wellbeing Team who made it possible to have a great World Mental Health Day.

School Production

The cast list is now up on our website! We hope you all got the part you wanted. This should be a great production! Please click on the following link to be directed to the Performing Arts page of our website: <https://www.beths.bexley.sch.uk/page/?title=Performing+Arts&pid=55>.

Bexleyheath & Belvedere Hockey Club

We received an email earlier this week praising some of our students who have recently helped out at a hockey event in the local community. How nice it is to know how well appreciated our students are, outside of school.

The schools hockey tournament yesterday was a great success. I received and heard a lot of positive feedback from the teachers that the afternoon was a lot of fun and the children enjoyed themselves. Some of the schools have tweeted too <https://twitter.com/BexSchGames>

The boys from Beths played a big part in the tournament, and we are very grateful for all their help and the support and encouragement they showed to all the teams/children.





George Bishop, Charlie O'Malley, Freddie Philp and Eliot Wardle helped set-up pitches and goals, and then umpired two of the pitches for the entire tournament. Mr Pask from Old Bexley Primary said to me afterwards that the Beths boys "were brilliant today, made all the right calls during the umpiring and knew when to let something go".

Thank you very much for allowing them to help – it made a big difference to the running of the tournament. The boys are a credit to your School. - Dan Wardle

Students Corner

WEAR SOMETHING RED DAY – THURSDAY 17TH OCTOBER 2019, By Jack B 10C

Every week in the UK at least 12 young people die suddenly from undiagnosed heart conditions. It's a shocking statistic and why CRY, Cardiac Risk in the Young, is so important as this incredible charity works to try and prevent sudden young cardiac deaths by raising awareness through screening, research and supporting affected families.



I became involved with CRY through the Young Leaders in Cricket programme and, this year, CRY is their chosen charity. This has been a fantastic programme that is run by Beths and the England and Wales Cricket Board. I have completed all the modules which include First Aid training, groundsmanship, umpiring, scoring and coaching. I am now volunteering at Bexleyheath Cricket Club and also in other sports and helping to coach younger children plus assisting at matches by scoring and umpiring the games. The course has been really interesting and I have learnt a great deal, not only about cricket, but also about what to do in emergency situations like if someone stops breathing. It has also really helped to develop my leadership skills as I have been in charge of groups of youngsters, whilst coaching them, and it has given me confidence to present to larger groups of people, including when I spoke in front of 500 people at the annual Kent football presentation dinner at the Priestfield Stadium in Gillingham.

Another hugely important part of the course is to raise funds for CRY which has a number of aims. The charity tries to raise awareness of cardiac risk in the young and this not only helps identify those at risk, but also ensures correct clinical practice when treating a young person with an inherited cardiac condition. One particularly high profile case of a young person who was unaware that they had a heart problem was Fabrice Muamba who, on the 17th March 2012, suffered a cardiac arrest and collapsed during the first half of an FA Cup Quarter Final match between Bolton and Tottenham Hotspur at White Hart Lane. After receiving lengthy attention on the pitch from medical personnel Muamba was rushed to hospital. Bolton's club doctor confirmed that Muamba had received numerous defibrillator shocks both on and off the pitch and in the ambulance and his heart stopped for 78 minutes. Muamba had no knowledge that he had a heart defect and as a result was forced to retire from professional football at the age of 24.

CRY offer screening to identify young people at risk and subsidised ECG and Echocardiogram screening to all young people between the ages of 14 & 35. All of CRY's public events are free to attend and details can be found on their website www.c-r-y.org.uk





CRY's research programme gives them unique access to general population-based data, which lets them make comparisons between athletes, ethnicities and gender. By gaining a better understanding of what is normal for young people, they can better identify and treat those at risk.

Another extremely important aspect of CRY is the emotional and clinical support that they offer following a young sudden cardiac death to the young person's family. The emotional impact of the sudden death of a young person on their family is truly awful and this support is so valuable at such a difficult time. Another equally important way that they offer support is to young people who have been diagnosed with a heart condition. CRY's **myheart** network provides personalised help, support and information to individuals between the ages of 12 and 35 who have been diagnosed with a life-threatening cardiac condition.

CRY is entirely dependent on the funds raised by its supporters to enable it to offer the services it does to those affected by young sudden cardiac death. With the exception of a one-off grant from the Department of Health in 2002 (to help fund the Bereavement Support Programme), they have never received any financial support from the Government.

That's why on Thursday 17th October there will be a "Wear something red day" when in return for donating £1 students and staff can wear an item of red clothing and together we can help this incredible charity to support so many people.

Christmas Fair December 2019



A reminder that this year we are delighted to announce that we will be hosting our first ever Christmas Fair on Saturday 7 December. Further details about the event will be announced in the coming months. If you/family members sell artisan products/clothes/bake cakes etc, please let us know if you would like a table at the event. Please contact Ms George on msgeorge@beths.bexley.sch.uk.

If you also have anything that you feel would make a great raffle prize, please let us know.

PARENTS ASSOCIATION

Raise funds for our school via your Amazon shopping!

Amazon purchases now raise up to a 0.50% donation for our school every time you shop - just make sure that you choose "Beths Parents Association" as your cause to support when you log in to your Amazon account.





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Beths Parents Association



Quiz night

*“Mirror,
Mirror
on the
wall,*



*who is
the
smartest
of them
all?”*

**Come see for yourself at 7.30pm on 23rd November 2019.
Remember to bring your friends to form a team to
combat against other teachers and parents in a series of
fun questions while also raising money for the school!
Bring some snacks and drinks along, to share with those
clever friends.**

To book a table email:

beths.parents.association@gmail.com

Facebook—Beths Grammar Parents Association

*Tickets are £5.00 and adult and children (U16) go for £2.50 each. Book now
and pay on the evening. Maximum 8 people a team. (If you have a team of 4
and would like to join someone else let us know and we will help you team up
with another group.)*

Emailing the School

Should you need to email the school with items/concerns of a more 'sensitive' nature, please email headspa@beths.bexley.sch.uk rather than the generic admin email address.



Beths Grammar School



@Bethsgs



Beths Grammar



Student Features

Are you an avid writer or enjoying reporting or reviewing things? Have you read a good book or seen a great film lately?

Let us know! We love receiving articles for the blog, especially from students. This is a great opportunity for any one with an interest in journalism.



Please email msgorge@beths.bexley.sch.uk and you could see your feature in the blog!

Results

<u>FOOTBALL</u>				
07.10.2019	ESFA Schools Cup Round One	U13 v Oxted School	Away	Won 4-1
	Kent U13B Team Cup Round Two	U13B v Bexleyheath Academy	Away	Lost 3-1
08.10.2019	N Kent	U12 v Welling	Away	Won 2-1
	Kent Invicta Trophy	U16 v Bishop Justus	Away	Lost 1-0
09.10.2019	N Kent	1 st XI v Hayes	Home	Lost 2-0
	N Kent	2 nd XI v Farringtons	Home	Won 9-1
	ESFA U15 Elite	U15 v Bishop Challoner	Home	Won 6-1
10.10.2019	Kent Portex Trophy (Round Two)	U15 v Ravenswood	Away	Won 1-0
<u>RUGBY</u>				
05.10.2019	Friendly	U14 v Maidstone	Home	Lost 20-45
	Friendly	U12A v Maidstone	Away	Lost 15-25
	Friendly	U12B v Maidstone	Away	Lost 10-35
07.10.2019	Friendly	U12A v WGSB	Home	Postponed
	Friendly	U12B v WGSB	Home	Postponed





09.10.2019	Natwest U18 Bowl	1 st XV v WGSB	Home	Won 48-5
	Friendly	U13 v WGSB	Away	Cancelled
10.10.2019	Kent Trophy	U14 v Gravesend	Away	
<u>BASKETBALL</u>				
03.10.2019	Kent BE	U12 v Ravenswood	Away	Drew 34-34
10.10.2019	Kent BE	U12 v Hayes	Home	Won 55-33

Fixtures

<u>FOOTBALL</u>			
15.10.2019	Wilf Armory Trophy (Round Two)	U14 v Thomas Tallis	Home
	ESFA U13 Schools Cup (Round Two)	U13 v St Paul's Academy	Home
16.10.2019	N Kent League	1 st XI v Ravensbourne	Away
	N Kent Division Two League	2 nd XI v Hayes	Home
18.10.2019	ESFA U15 Schools Cup (Round Two)	U15 v The Winston Churchill School	Home
<u>RUGBY</u>			
<u>BASKETBALL</u>			



Up and Coming Events

12 October	9.15-11.15am Saturday Open Morning for Year 7 entry September 2020
14 October	School closed for both students and staff
15 October	9.15-11.15am Open Morning for Year 7 entry September 2020
18 October	End of first half of Autumn Term

Students on Site

We know that students love to spend as much time as they possibly can here at Beths Grammar. However, please can we remind parents and carers that the school actually opens to students at 8.00am in the morning and, unless there are any pre-arranged activities, students should have left the site by 5.00pm. The reason for this is that, even though there may be staff on site, they are there to either prepare the school for the start of the day, or remain on site to deal with evening lettings.

When students are on site before or after they should be, we are unable to ensure their safety especially as our qualified first aiders are in school between the hours of 8.00am and 4.30pm only. This request is being made as we are unable to supervise students outside of these times and we can therefore take no responsibility for them, should they be involved in any form of accident.

Thinking of our neighbours and our local community

We would like to take this opportunity to remind parents, students and staff to continue to be respectful of our neighbours and not to park across their driveways. The safety of our students continues to be our utmost priority and so we also ask that, if you are dropping off or collecting your son or daughter, you abide by the road markings and refrain from parking on zig-zags or double yellow lines.

We are also aware that some parents drop students in the morning actually on the roundabout at the top of Bourne Road – close to Dartfordians. This is extremely dangerous - not just for other road users - but also for the students themselves. We would urge that parents please find a safe place to drop-off their child/children for school.

Finally, we continue to remind students to take care when queuing for buses after the school day and would ask if you could also remind your son or daughter, that would be very helpful.

