



Beths Grammar School

Excellence - Community - Respect - Nurture

Week Ending Friday 1 May 2020

Coronavirus (COVID-19) – updates from the Headteacher

As I begin to write this, I am comforted by the dulcet tones of my daughters arguing about “important” things and not quietly either. Oh, that’s two more plates for me to pick up and place in the kitchen. Maybe the life of a serf isn’t too awful after all. I know you parents understand. Anyway, enough of my social dysfunctionality. I would like to continue with my sincere gratitude to you in helping, supporting and contributing to your son’s/daughter’s learning whilst we are still required to remain at home. We, at school, have been discussing how we move things forward and I can reassure that we are encouraging staff to experiment with online learning so hope that in the coming days new opportunities present themselves.

I do hope that you are all healthy and staying safe. The one thing that sticks out to me as I walk into school from Dartford is that social distancing measures mean that people are aware of being two metres apart but actually acknowledge each other when making a deliberate action to stay apart. I really do hope that after all this we are able to speak to complete strangers confidently and re-energise our sense of community.

It is not a case of if but when schools return to a sense of normality and we are in advanced stages of planning and preparing for students returning. I will let you know of our plans once the go-ahead is finalised.

More staff are using TEAMS, ZOOM or YOUTUBE during their lessons, but please understand that not all the staff feel comfortable in using these platforms and I would ask that students and parents do not put pressure on them to do so. As said above, we are actively encouraging staff to use a variety of ways of delivering information.

If we do return to school this side of the summer holidays it is our intention that the focus will be on teaching for the entire time that we would be in school for. Any calendared events that would normally take place will now not happen – they will either be cancelled or postponed to a later date.

Thought For The Week

This week we are looking at the benefits of Water. Please discuss this with your sons and daughters so that their understanding of how essential H₂O is to the life cycle and the impact of droughts are to populations around the world.

One of the PHSCE themes for this week would have been about dream jobs and earnings. We need to look at this in light of the current pandemic. How is the economy, job market and projected earnings likely to look like when the pandemic is over? How long will things take to get back to a sense of normality? Will they ever? How will working be different in the future?



Key Workers

As mentioned in last week's Blog, we know that many of our students' parents and carers are going above and beyond in their jobs as key workers and we would love to be able to create a collage of images of you all, as a massive thank you and to introduce everyone to the extended #BethsFamily.



If you are working in a supermarket, for the NHS or as a carer, a delivery driver, a postman, working in the supply industry etc, please send us a photo of you, in your uniform and we hope to create something wonderful.

Please keep sending your photos in to the headsoffice@beths.bexley.sch.uk email address – we would love to be able to celebrate everything you are doing.

Home School Working

Likewise, we would love to share with everyone their home school work set up. Have you been studying in the garden as the weather has been pretty good, are you at your desk, are you pets helping you study? Send us a photo of you working so we can create a collage of everyone's different working methods that are helping them through this unusual time. Please keep sending these images in to headsoffice@beths.bexley.sch.uk so we can share these images too.

Staff Working from Home

Following the request in last week's Blog to share photos of staff and students working from home, here is the Senior Leadership Team having their Monday morning meeting using Zoom. As you can see, the senior team work from a variety of areas around their home – some at a desk, others at the kitchen table or living room however, Mr Beaney looks like he's lying in bed and Mr Blyghton is turning the other cheek! For those of you who are of an age to remember the Brady Bunch – would you want to know this family?



Don't forget, please keep sharing your photos with us.



MFL Rainbows

MFL have been asking some Year 7 and 8 students to design rainbows and annotate them in a different languages (Spanish and Italian). Here are a couple of the best.



Senior Student Leadership Team Challenge

We hope you and your families are keeping well during lockdown. The Student Leadership Team have organised a running league so students (and staff) can stay fit during these unprecedented times and all proceeds will go to NHS charities. This is the Beths way of saying a big thank you to those keeping us safe.

So far we have raised £451 with a final target to raise £1000 and we would love to have your support on our fundraising journey!

If you would like to help us reach our goal, please follow the link below in order to donate on our JustGiving page.

<https://bit.ly/BethsRun>

Stay safe and thank you in advance,

Sam, Maddie and the Student Leadership Team



Wellbeing at Home

How are you all doing out there? We hope you and your families are well and keeping safe.



As lockdown continues, we wanted to check in with you to see how you're coping with this unusual situation. Don't forget the top tips for maintaining wellbeing at home are:

1. Establish a new "normal" routine at home
2. Stay connected to family and friends
3. Spend time each day taking some exercise and doing something relaxing or fun
4. Limit your exposure to the news and make sure you have Covid-19 free zones every day
5. Make positive plans for the future (when lockdown has ended)

Also, please remember the 5 ways to wellbeing that we learn about every wellbeing week. Doing these 5 things each day is proven to improve our wellbeing so try to build these activities into your new routine. Perhaps you could get the whole family to join in with you?



How are you getting on with all your school work? Are you enjoying working from home and having zoom lessons? Have the teachers got the level of workload right? Please remember that your teachers do not want to stress you out with the work but if you're find this is the case please let your Form Tutor know – the last thing we want is for you to be struggling alone at home with your work so please let us know if that is what's happening.

There are lots of really useful and interesting websites out there aimed at helping young people cope with Covid-19. Have a look at the ones below and maybe try some of the activities and read some of the blogs written by young people about their experiences of coping with the lockdown on the Children's Society link:

<https://www.childrenssociety.org.uk/coronavirus-information-and-support>

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/#collapse86e28>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>





How are your family coping with the lockdown? Most of us will be spending more time at home than we're used to and this can create difficult and sometimes confrontational situations. If you've noticed this in your family then the Mind and Children's Society links above have some useful information about how to avoid inevitable family friction. Also, how about suggesting a family "Cobra" style meeting where you can all talk through the issues you're finding difficult and think together about how you can reduce/solve them?

If you have loved ones who are ill with Covid-19, or very sadly have died from this disease, then the YoungMinds website has some specific advice together with a video and blogs where young people share their experiences of being bereaved (<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>). If this has happened in your family and you would like to talk to someone about it then please contact one of your two school counsellors who are trained to help you cope with situations like this.

Lastly, if you're concerned about your wellbeing in any way, remember to talk to your parents/carers in the first instance as they know you best and will probably be able to help. However, if you feel unable to talk to your parents/carers for any reason or your wellbeing begins to deteriorate please email one of your school counsellors at these addresses:

msbrett-smith@beths.bexley.sch.uk

msjones@beths.bexley.sch.uk

Remember we're here to support you so please contact us if you've got any concerns about your wellbeing.

Stay safe and well,

The Wellbeing Team at Beths.

Research Request

We have recently received an email from the Royal Holloway, University of London asking if any parents and/or students would be interested in taking part in some online scientific research.

Royal Holloway lab is running a number of online studies relating to bodily awareness, emotional abilities and mental health in children and adolescence (from the ages of 6-18), all of which have been approved by the college ethics committee. We have been asked to share this link with you should you be interested in taking part: <https://www.insulab.uk/take-part>. You can then review the studies and decide if you wish to take part by registering your interest on the website. If you do decide to take part, both parents and children will be asked for their consent and will be free to withdraw at any time without giving a reason.

If you have any questions please do not hesitate to contact Melissa Barker at Melissa.Barker.2018@live.rhul.ac.uk.





Mr Blyghton's 'Dice Magic' – a humorous look at what the Premier League could have looked like

When Mr Blyghton isn't working, he spends his time dreaming about football on a beach in the South Pacific with a cold beer and what could have been ... Below he shares with you his thoughts.

The Results from Week 35

Liverpool	1	3	Burnley
Norwich	0	2	West Ham
Watford	1	3	Newcastle
Wolves	0	0	Everton
Man Utd	0	2	Southampton
Bournemouth	1	1	Leicester
Brighton	1	0	Man City
Sheffield Utd	1	1	Chelsea
Tottenham	1	0	Arsenal
Aston Villa	1	0	Crystal Palace

Football Round-up

I think it is clear this week that the number of goals scored is significantly down on previous weeks. I can only conclude that either my dice technique is suspect or that the clubs have furloughed their strikers.

I do get the odd fanmail letter and understand that some of the banter needs a little explaining – especially the ones last week about rivers, Elton John songs, airlines and wind. Sorry for being a little obscure.

The early game saw Liverpool take on Burnley. Captain, now Colonel Tom led the crowd from Ground Control in song in front of the Kop. He then proceeded to remind them about social distancing. Burnley striker Scott Tracey rocketed past Virgil, Alan and Gordon to plant his shot into the top corner of the net. Sponsors Thunderbird Are Go had promised to contribute £5000 to charitable causes for every goal scored this month so this has got them off to a strong start. Liverpool equalised through Mo Salad who had been feeling a little green and under the weather, with a well-taken header. The assist came from rookie Caesar. Burnley took further control after half-time with strikes from Brains and Kirano to secure the victory. As the fans left they were told to walk alone.

Norwich continued on their road to hell towards the Championship with another defeat this time at the hands of the Hammers who this week managed to get to B&Q to fix the barn door in their defence. Having done this West Ham scored two exquisite goals from Anderson, managed to keep all eleven players on the pitch for the whole 90 minutes and kept arrests at the game to single figures. Quite an achievement!





Newcastle, under their new sponsors Poundland, saw them complete a well-deserved win over Watford. Pence, Shilling and Farthing completed the Newcastle tally with Pascal Groat replying for the Hornets who were quite stung by this encounter.

Wolves and Everton played out a combative 0-0 draw with Wolves superior grammar dictating the play, Grave, Cedilla, Acute and Umlaut all went close. Everton, with fewer players in the same class, weren't able to translate their efforts into real chances. The Toffees were well and truly chewed-over in this encounter.

Sunny Manchester saw United defeated by the Saints. The angelic Shane Long and Will Smallbone combined twice to score at the Stretford End, thus silencing the masses of the Manchester faithful. David de Gea, Manchester United goalkeeper, had a better game than usual. Amazingly the game was only extended by 5 minutes into Fergie time.

Bournemouth and Leicester played out a one-all draw. Leicester took the lead through Marc Albrighton and Bournemouth replied through Gavin Kilkenny. Name-dropping aside, they were in the right place at the right time.

Brighton midfielder, Solly March stole one over on Manchester City. Returning veteran Vincent Kompany was not allowed to play as social distancing rules did not allow for it. The hallmark of the Manchester performance was orchestrated by David Silva who along with Bernardo Silva ensured that the purity of their play was eye-watering but lacked the incisive nature of a true diamond such as Raheem Sterling who was injured for today's game.

The VAR machine was out of action for this game which was seen as a blessing by the neutral. Defender Chris Basham delicately threaded a pass to Oli McBurnie who seared ahead of the Chelsea defence to open the scoring within ten minutes. Lys Mousset was then sent off for Sheffield United getting his just-desserts for a dirty tackle on Loftus' cheek. Chelsea rallied in the second half with the rock of the midfield, Mason Mount in peak condition and spurring on his team-mates through precise passes. It was after this mass effort that Callum Hudson-Odoi squeezed in tight angled shot into the corner of the net.

Spurs, fielding a forward-line for the first time in eight games battered the Arsenal goal. In the first half, it was the place where all the action was. Harry Kane skated through the defence and scored after 23 minutes leaving the Arsenal players floundering in his wake. The excuses given by the Arsenal Manager, Arteta seemed a little fishy according to Jose Mourinho who stated that he did have some forwards this week.

And finally Mr Ward's Villa played Ms Matkins & Ms Quinn's Palace. It sounds like our staff are bragging about their living accommodation. I couldn't get Mr Blyghton's Cardboard Box into this report. Shame. Back to the football, Jack Grealish, motored through the game controlling the direction of play. Whilst he traffic-lighted his intentions, he was able to make a quick getaway from the Palace midfield. It was his ingenuity that released Danny Drinkwater, who doesn't, into the penalty zone which cost Palace a share of the points. It was clear that Villa, as the possibility of relegation beckons, were beginning to get their house in order whilst Palace headed for mid-terrace obscurity.





As it stands under Mr Blyghton's 'Dice Magic' after week 35:

Position	Club	Played	Won	Draw	Loss	GD	Points
1	Liverpool	35	28	3	4	41	87
2	Man City	35	20	4	11	36	64
3	Leicester	35	17	8	10	27	59
4	Man Utd	35	15	11	9	20	56
5	Chelsea	35	16	8	11	12	56
6	Wolves	35	12	15	8	6	51
7	Sheffield Utd	35	13	12	10	-2	51
8	Burnley	35	15	6	14	-2	51
9	Tottenham	35	13	10	12	8	49
10	Arsenal	35	11	15	9	-1	48
11	Newcastle	35	13	9	13	-4	48
12	Everton	35	13	9	13	-5	48
13	Crystal Palace	35	12	10	13	-4	46
14	Southampton	35	14	4	17	-13	46
15	Brighton	35	9	13	13	-5	40
16	Watford	35	9	10	16	-13	37
17	Aston Villa	35	10	6	19	-24	36
18	Bournemouth	35	9	8	18	-17	35
19	West Ham	35	8	9	18	-18	33
20	Norwich	35	5	6	24	-41	21

Fixture 36 results coming up next week

