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## **BETHS VIP**

Excellence - Community - Respect - Nurture

## MESSAGE FROM THE HEADTEACHER



The week beginning Monday 29th November is the School's Wellbeing Week and a number of activities and foci are intended to address the five ways of maintaining yours and other's wellbeing. The NHS has set out what it believes to be the five ways to wellbeing:

### 1. Connect with other people

Good relationships are important for your mental wellbeing. They can help you to build a sense of belonging and selfworth, give you an opportunity to share positive experiences and provide emotional support allowing you to support others.

### 2. Be physically active

Being active is not only great for your physical health and fitness, but evidence also shows it can also improve your mental wellbeing by raising your self-esteem, helping you to set goals or challenges and achieve them and positively change your mood.





## MESSAGE FROM THE HEADTEACHER

### 3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by boosting self-confidence and raising selfesteem, helping you to build a sense of purpose and help you to connect with others. Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

### 4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by creating positive feelings and a sense of reward, give you a feeling of purpose and selfworth and help you connect with other people.

**5. Pay attention to the present moment (mindfulness)** Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

The School has held a wellbeing week for the past four years in the last week of November in recognition that by week 12 of a very long Autumn Term, all of the School Community need to come together and reflect upon how we can look after each other, refocus our energies and appreciate each other for who we are.







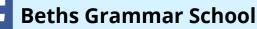
## MESSAGE FROM THE HEADTEACHER

The School's Wellbeing Week Programme includes :

- Literacy focus linking together language and wellbeing this year.
- Form time activities 5 Ways to Wellbeing, using words to comfort and cheer people up, RE activity looking at how words are used in religion to provide comfort, wellbeing questionnaire.
- Promoting the Five Ways to Wellbeing throughout the week : Connect, Be Active, Take Notice, Enjoy Learning and Give to Others.
- Whole school Wellbeing Assembly (KS3/4/5) Words of Wellbeing.
- Mental Health ambassadors Wellbeing Assembly.
- Turn it off Tuesday 24 hours without using mobile phones
- Board games in rooms over lunchtime (KS3/4).
- PSHCE with wellbeing starting activity.
- Subject Activities in lessons.
- Spoken word Celebration in the Hall with prizes!!!!
- Give to Others Day on the Friday.

On Thursday we hold the second of our Top Universities Evening which again will be virtual and this time will focus on Year 11 to prepare them for Oxbridge, Entrance tests such as BMATs and courses at Russell Group universities. We are pleased that more and more of our students consider and are able to successfully apply for courses at Russell Group University. In summer 2021, over a third of our students in our very large sixth form gained a place at such an institution.







## MESSAGE FROM THE HEADTEACHER

## UCAS outcomes for Beths Grammar School over the past three years

	2019		2020		2021	
	Exams		CAGs		TAGs	
Total applications	206		263		325	
Got into firm	44%		43%		53%	
Got into insurance	24%		26%		10%	
Got in via clearing	19%		22%		28%	
Proportion at University	87%		91%		91%	
Apprenticeships/withdrew from UCAS	13%		9%		9%	
Russell Group	20%		25%		34%	
Other more selective*	31%	51%	18%	43%	11%	45%
Kent and Canterbury	13%		3%		5%	

\* Includes the likes of Aberdeen, Aston, Bath, Brunel, City, Essex, Hull, Goldsmiths, Kent, Lancaster, Leicester, Loughborough, Reading, Royal Holloway,

At the end of the week we creep into December and the official run-up to Christmas really begins, although looking around locally, some have already got a massive headstart.

> Many thanks Richard Blyghton



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### **COVID TESTING**

In line with government guidelines, students are encouraged to test at least twice a week and record their results on the school's TestRegister website via the email sent to you.





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### YEAR 12 BFI LA HAINE WEBINAR

On Wednesday 15th November, our Year 12 French class attended a webinar by the British Film Institute on the film 'La Haine', which we will be studying as a part of our A level course.

After having watched La Haine at home individually, the webinar was the perfect introduction to exploring the deeper meaning behind each scene.

The film centres around three young men who have grown up in the notoriously dangerous Parisian suburbs, where crime and oppressive policing keep tensions high. The film follows the violent riots that break out after a young man named Abdel is beaten unconscious while in police custody.

The webinar was conducted entirely in French and we were given booklets with activities to complete throughout the event. We analysed several scenes from the play, learnt about the French slang verlan, where the syllables in a word are inverted, and discussed the reason behind the stylistic choices that the director made, such as making the film black and white and showing the time intermittently throughout the film. We ended with the conclusion that the themes that the film deals with of police brutality and racism, are just as relevant today as they were when the film was released in 1995.





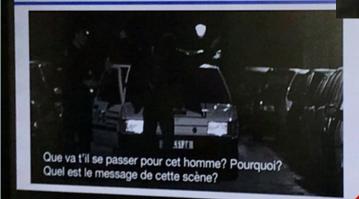
### YEAR 12 BFI LA HAINE WEBINAR

This event gave us a great insight into the film that we will soon be studying in class. Thank you to Mrs James for organising the event and to Ms Harris for kindly providing us with French refreshments like croissants and pain au chocolats during the event. These were greatly appreciated!

By Laura P and Amy G



Activité 5 – scène 2 – le contexte culturel et politi (pag







## **CHINESE EXPERIENCE CLUB**

On Monday 22nd November during Chinese Experience Club, students got the opportunity to learn about and play Chinese Go.

Next week, students will be learning about and making Chinese Dragons.







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### **JACK PETCHEY AWARD**

A big thank you to Jack B who donated his Jack Petchey Award money to the PE Department, to purchase some new senior football kits!





## AIR AMBULANCE KENT SURREY SUSSEX

Air Ambulance KSS is an independent charity that provides 24/7 emergency medical care. They are made up of highly skilled doctors, paramedics, pilots, dispatchers and trustees. To help support Air Ambulance KSS, Year 7 are collecting crisps packets, that will be recycled to help raise funds for them.

To find out more about the amazing work the Air Ambulance KSS, does, please click here <u>https://www.aakss.org.uk/about-us/</u>





**KEEP US FLYING HIGH!** 

for full details of the scheme visit: aakss.org.uk/crisppacketrecycling













### YEAR 7 RUGBY

Well done to Wickham who are this years House Rugby Champions! A huge well done to everyone who took part!





#### Well Done Wickham!

1st	Wickham	120
2nd	Brampton	100
3rd	Abbey	80
4th	Eardley	60
5th	Cray	40
6th	Hurst	20



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### **MUSICIAN OF THE WEEK**

This weeks Musician of the Week is: Ashwanth, Year 8

Here is a really excellent video of Ashwanth playing a lovely song on the piano.

Link to video: <u>https://www.youtube.com/watch?</u> <u>v=vahoOzLMPQM&list=PLxoCR9m\_J-</u> <u>zcmrvj75ZlfUnV3janAF\_Dh&index=6</u>



Any student who would like to be featured in the Beths 'Musician of the Week', whether it be a group or solo performance or a composition, please send your entries to Ms Marriott <u>msmarriott@beths.bexley.sch.uk</u>







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### **BETHS CAREERS**

Beths Careers and Guidance Department



Calling all parents! Would you like to be part of our Careers speaker programme?

The Careers team are organising a series of talks for the Sixth Form students, focussing on different professions and career paths. The first few events have gone well, and we're looking to expand the programme in 2022. The talks take place on a Wednesday afternoon, from 2-3pm, with a speaker presentation followed by Q&A from the students. The events are recorded so that they can be made available to students that cannot attend, and other year groups. So far all of our speakers have been able to attend and speak with the students face-to-face, but we are able to accommodate presentations on Zoom or Teams.

Would you be interested in giving a talk as part of our careers programme? If you feel able to contribute to the life of the school in this way, then do please contact us on <u>careers@beths.bexley.sch.uk.</u>





There are a range of activities/ clubs on offer for students. These activities run before school, lunch time, and after school. Below is a list of all activities currently offered. Please speak to the member of staff listed below if you would like more information.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	KS3 Basketball	KS3 Basketball	KS3 Basketball	KS4 Basketball	KS4 Basketball
8 – 8.30am					
Lunch time K\$3 12.00 – 13.00	Year 9 Basketball (Mr Temple) Chess club – Week 1- All key stages in A2, Week 2: KS3 Online (Mr Runacres) Chinese Experience Club – S18		Year 8 Basketball ALL (Mr Webb) ODD WEEK Year 7 Rugby (Mr G.S + Mr Smith)	KS3 Badminton (Mr Temple) KS3 Drama – P3 ( Ms Grady) Year 7 and 8 robotics club – A6 (Mr Morgan) Year 8 Design Technology club – A8/A9 (Mr Knott)	Year 7 Basketball (Mr G.S + Mr Smith) Year 8 Football – Team Training (Mr Webb) ODD WEEK ONLY
KS4 12.50 – 13.50	Year 10 Basketball (Mr Smith) Chess Club - Week 2 KS4 and KS5, A2. (Mr Runacres)	Year 11 Basketball	Sixth form: Football, Rugby, Basketball, Netball (Ms Deane/Ms Ewing) Eco-club: KS4/5 –A7A (geography department)	Girls Fitness Sports Hall (Ms Ewing)	Sixth form Basketball (Team) LGBTQ+ Society – S15 (Ms Harris)
After school 3.20 – 4.45pm	Rugby Training Years 7 – 10 KS3 Badminton (Mr Healy)	Year 8 Basketball – Team Training (Mr Webb)	Warhammer Club, S1 (Mr Turnbull)	KS3 Football (ALL) Year 7 Basketball Year 7 STEM club -S12 (Mrs Sarkar) Choir (all staff and students invited) – P12 (Ms Marriot)	

The full list of clubs and activities can be found on the school's website <a href="https://www.beths.bexley.sch.uk/page/?">https://www.beths.bexley.sch.uk/page/?</a><br/>
<a href="https:tra+Curricular+Activities&pid=50">title=Extra+Curricular+Activities&pid=50</a>







## **RESULTS AND FIXTURES**

### Results for week ending 26th November:

FOOTBALL						
23.11.21	U15A	V Sanders School	Away	Won 4 - 6		
23.11.21	U13A	V Harris Garrard Academy	Away	Won 2 - 5		
24.11.21	1 <sup>st</sup> XI	V Langley Park School for Boys	Away	Won 0 – 1		
24.11.21	2 <sup>nd</sup> XI	V Christ the King Sixth Form College	Home	Postponed		
25.11.21	U12B	V Bexley Grammar School	Away	Won 0 – 6		
BASKETBALL						
22.11.21	U13A	V St John's Catholic Comprehensive	Away	Postponed		
		School				
RUGBY						
24.11.21	1 <sup>st</sup> XV	V Simon Langton Grammar School for	Away	Cancelled		
		Boys				

### Fixtures for week commencing 27th November:

for Boys U13A V Bishop Justus Church of Away K	Cancelled						
for Boys U13A V Bishop Justus Church of Away K							
U13A V Bishop Justus Church of Away K	О ТВС						
	Ю ТВС						
England School							
30.11.21 U15A V St Columba's Away K	(O 15:00						
U13B V Trinity Church of England Away K	O 15:00						
School,							
01.12.21 1 <sup>st</sup> XI V Langley Park School for Boys Home K	O 14:00						
2 <sup>nd</sup> XI V Christ the King Sixth Form Home K	O 14:30						
College							
BASKETBALL							
29.11.21 U14A V Trinity Church of England Away Ti	ip Off 15:45						
School, Belvedere							
30.11.21 U18A Ravens Wood School Home Ti	ip Off 16:00						
RUGBY							
27.11.21 U12A V Woodlands School Home K	O 10:00						
U13A V Woodlands School Away K	(O 10:00						
U14A V Woodlands School Away K	(O 10:00						
01.12.21 1 <sup>st</sup> XV V Simon Langton Grammar Home K	O 14:30						
School for Boys							

\*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 <u>(bethssport.co.uk)</u>









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### **FIXTURE HIGHLIGHTS**

Highlights of the various games our students played over the past week. Well done for all your hard work and dedication, you've done us all proud!

Please see link to the video highlights made by Mr Webb: <u>https://www.youtube.com/watch?</u> <u>v=Xyc7ccKu6ul</u>



# Link to full sports bulletin for 20th November to 26th November:

<u>https://www.beths.bexley.sch.uk/page/?</u> <u>title=Sports+Bulletin&pid=393</u>



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### **MATCH REPORT**

### Thursday 25th November 2021 Beths U12B v Bexley GS (North Kent Cup)



On Thursday, the B team travelled away to Bexley Grammar School, in the Area cup. As soon as the game kicked-off, we were on top and began to create good chances, coming close to scoring on a number of occasions. Soon after this, we scored a great goal from Lucas to set the mark. We dominated the first half, and another goal came through a fantastic chip from Max. At the end of the first half, we got a penalty after a handball from one of their defenders. Lucas stepped up and the penalty was saved by their goalkeeper. We went into halftime with the score 2-0 to us.

After a team talk with Mr Waite and Mr G.S, we began the second half, picking up where we left off with a goal from Tobenna. We continued to pile on the pressure, and they scored an own goal. We played well until the end of the game, with Tobenna netting 2 more goals to complete his hattrick (including a wonder strike into the top corner) and we hit the bar 3 times.

Overall, it was a very strong performance from us, with the game finishing 6-0 to Beths.

Man of the match: was Tobenna A Match Report written by Noah B







## LUNCH MENU W/C 29TH NOVEMBER

#### INDEPENDENTCATERING | E D U C A T E R L I M I T E D



#### MONDAY 29 NOVEMBER

MAIN Traditional Beef Lasagne and Garlic and Herb Bread, with Roasted Winter Squash and Green Beans VEGETARIAN Vegetable Chilli and Rice with Roasted Winter Squash and Green Beans STREET FOOD Chinese DESSERT Cinnamon Sponge with Butterscotch Sauce

#### **TUESDAY 30 NOVEMBER**

MAIN Our Speciality Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments STREET FOOD Mexican DESSERT Chocolate Brownie with Cream

#### WEDNESDAY 1 DECEMBER

MAIN Roast Gammon with Pineapple with Roast Potatoes, Swede and Carrot Mash and Fresh Broccoli VEGETARIAN Golden Winter Vegetable Pie with Roast Potatoes, Swede and Carrot Mash and Fresh Broccoli STREET FOOD Caribbean DESSERT Sticky Toffee Apple Crumble with Custard

#### THURSDAY 2 DECEMBER

MAIN Chicken Burrito served with Mixed Salad and Red Cabbage Slaw or Seasonal Vegetables VEGAN Sweet Potato and Vegetable Cobbler with Parsley Potatoes, Fresh Carrots and Garden Peas STREET FOOD Thai DESSERT Lemon Cheesecake

#### **FRIDAY 3 DECEMBER**

MAIN Battered Cod and Chips, served with Mushy Peas, Baked Beans, Fresh Salad and Sauce Tartare VEGAN Mozzarella and Basil Calzone Pizza served with Chips, Baked Beans and Fresh Salad STREET FOOD Spanish DESSERT Fresh Fruit Salad and Oatie Cookie

AVAILABLE DAILY FRESH CHEF'S SALAD - WHOLE GRAIN BREAD - GRAB AND GO POT MENU



THE DELI FRESH CUT SANDWICHES - ROLLS - WRAPS - PITTAS - BAGUETTES SEE THE BLACK BOARDS FOR SOUPS, THEME DAYS AND THE CHEP'S SPECIAL

#### \*ALL OUR MENUS ARE TREE NUT AND PEANUT FREE

INGREDIENTS CONTAINING GLUTEN (INDICATED BY THE NUMBER 1 ON THE MENU) WILL CONTAIN WHEAT, OATS, BARLEY, SPELT, RYE OR KAMUT, OR A COMBINATION THEREOF. IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING



INDEPENDENTCATERING.CO.UK EDUCATERLIMITED.COM







## LITTERING AROUND SURROUNDING ROADS

We are working with the local community to keep our streets around Bexley clean and litter free. We would like to remind all students to keep Beths and the surrounding neighbouring roads clean and litter free. Please can we remind students when they're walking and eating, to not drop their litter on the floor, but instead to put it in the bin or pockets and bags until a bin can be used.

Please can students also look before crossing a road especially while crossing by the library. Please stop and look for the road to be clear before crossing.

Lastly, when walking in large groups please can students remember to give way to other people on the pavement, especially those with small children or elderly/vulnerable people. The pavements in the village are not wide enough to accommodate groups congregating and allow others to pass.









#### **1.1. Parents Associations' latest events**

2. Raising money for these thrilling projects and Giftaid it on Black Friday Sales!

3. Simple ways to donate: Amazonsmile, Easyfundraising and Parents & Friends of Beths PA

At Beths Parents Association, raising funds and improving the learning environment of our children is our aim. We have set up an annual campaign with a donation link to raise funds for our fantastic projects, please visit our website for full details: <u>https://www.beths.bexley.sch.uk/page/?</u> <u>title=Parents+Association&pid=162</u>

#### 1. Latest Parents Associations' events

1. The purpose is to raise funds for Beths Grammar school.

2. Payment is made into the parents association's bank account and funds are used to meet the funding requests from Beths Grammar School for things like; musical instruments, sport equipment, school library resources and opportunities for students as may arise

3. It is also a monthly draw with a cash prize.



Support the Beths Parents Association by participating in our Monthly Draw You have the chance to win either a £20 or £10 monthly prize and £50

quarterly prize whilst supporting our fundraising for pupils. Simply purchase one number for £6 and you can purchase up to 20 numbers maximum for £120 for your chance to win! This enters you in to all 12 draws from January to December.

Go to link below to purchase your numbers or scan above QR Code oxtimes

https://checkout.square.site/merchant/MLZGAFJKCFPPY/checkout/FVTED45TSCIMO4TBBO2KZBDO

All proceeds to Beths Parents Association Registered Charity Number 801836 For full details on terms and conditions, see our PA web page

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It is simple and quick to play! Just follow the two steps below: 1. Complete the membership form and return it via email to: beths.parents.association@gmail.com, it is important that you complete and submit this form to us so that we are able to communicate to you any winnings

Thank you to all Our TARGET is to sell 300 tickets, we have already families who have sold nearly 100. Thank you already bought their for helping us meet our target! numbers! Beths Grammar School an 11 - 18 selective school with academy p Headteacher: Mr R J Blyghton Hartford Road, Bexley, Kent DA5 1NE Tel: 01322 556538 Fax: 01322 621212 Email: admin@beths.bexley.sch.uk Website: www.beths.bexley.sch.uk 2022 Monthly Prize Draw Entry Form Please complete and return to beths.parents.association@gmail.com MONTHLY DRAW DETAIL S: FORENAME: SURNAME PHONE NO: E-MAIL ADDRESS SON/DAUGHTER'S NAME YEAR & FORM AMOUNT OF NUMBERS PAID FOR DATE PAID: NB: By completing this form, you agree to the terms and conditions set out above and consent to the PA processing the information provided in this form, in accordance with our privacy policy which can be found on our website. Winners will be posted on the school Blog page after the draw is made at each monthly PA meeting. Beths Parents Association is a registered charity (801836)

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 Pay for your number or numbers for the full year upfront (i.e. £6 per number per annum up to a maximum of £120 for 20 numbers) by clicking the link below or scanning the QR code below: https://checkout.square.site/merchant/MLZGAFJKCFPPY/checkout /FVTED45TSCIMO4TBBO2KZBDO

 Once your completed form and payment have been received; you will receive an email confirmation with your allocated number or numbers.

- Please ensure that you send us confirmation of payment along with the completed form to beths.parents.association@gmail.com Please submit your applications and payments by the latest 11th January 2022 to be included in the January 2022 draw.

-Visit the PA section of the Beths Grammar School Website for more details: https://www.beths.bexley.sch.uk/page/? title=Parents+Association&pid=162











#### Reuse, Reduce, Recycle Scheme: Our brand new 3Rs scheme

## Our virtual Nearly New PTA Uniform Shop is now fully open!

We are asking for any donations of **nearly new blazers and unembroidered PE kits**. If you have any of the specified school uniform items that your son has grown out of, please do consider donating it to our PTA Uniform Shop. Simply drop them off at the School Reception. We are aiming to sell these items for you to purchase once we have received donations and can provide an inventory. If you require any items, please email the PTA via beths.parents.association@gmail.com.



### Coming soon... Collection of old foreign currency notes or coins campaign

### DONATE YOUR OLD OR FOREIGN COINS & BANKNOTES

October half term is over now, so we hope you have kept your foreign coins! We are actively working with the school on the coming exciting and educational project in the 3Rs scheme. The Foreign Coins Collection is an easy and enjoyable fundraising idea which will be organised through competitions and in close collaboration with the students and our local community.

Please start searching for your old currencies now and put them in a safe place, but most importantly SPREADING THE WORD around you. Your ideas on this project are welcome!





### 2. Raising money for these thrilling projects!



- Outdoor chess tables £2,000 Help us Reach our goal of £550!!! https://cafdonate.cafonline.org/16829
- Radio Beths £5, 000 Share the NEWS and DONATE HERE!!!! https://cafdonate.cafonline.org/17268
- Musical instruments £2, 000 DONATE HERE!!!!
   <u>https://cafdonate.cafonline.org/17270</u>
- Lighting for drama £1, 000 (£29 raised) DONATE HERE!!!! https://cafdonate.cafonline.org/17269

Please remember to add the Gift Aid by ticking the box within your donations. Thank you!

Gift Aid can increase the total amount given; extra 25p for every £1 you give. For example with a £100 donation, the PA will receive £125.

\*Gift Aid is important for Beths Parents Association and means hundreds of pounds extra go to the school's project and benefit our children. Each time an eligible taxpayer donates and forgets to tick the Gift Aid box, the charity misses out.

\*Higher rate taxpayers can also claim part of the tax back from HMRC on their donations.







### 3. Simple and quick ways to donate.

Help us raise funds at no cost for you! It is simple and quick!

### 1. Generate even MORE funds for Beths Parents Association while doing your shopping

Please go to smile.amazon.co.uk and search for Beths Parents Association. You need to start each of your shopping sessions at the URL smile.amazon.co.uk.

### It doesn't cost you anything!



### amazonsmile

You shop. Amazon gives.

### 2. Continue generating donations with Easyfundraising

If you shop elsewhere online, please join Easyfundraising. Again it costs nothing to you and Beths PA will automatically receive a donation. You can sign up at <u>www.easyfundraising.org.uk/BethsPA</u>

and we will receive a donation anytime you shop. If you are eligible, please also give gift aid to maximise the donation.







### **Friends and Sponsors of Beths Parents Associations**

We would like to say a special THANK YOU to our sponsors and William Jones who have generously donated towards the second edition of Beths Parents Association Online Chess Tournament, with cash functions and prizes for the winners.





All your support is appreciated, every pound will help us to get closer to our target goal





Beths Grammar School



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Next meeting: on Tuesday 14th December, 2021 @ 7.30pm – Zoom

Please keep checking on our website and social media pages for upcoming events



beths.parents.association@gmail.com



**Beths Parents Association** 



@bethsgrammarpa







## BETHS GRAMMAR SCHOOL, 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** 

Fax Number: 01322 621212

