

Week ending 22 January 2021



# BETHS VIP

## (Very Important Publication)

### Messages from Mr Blyghton, Headteacher

I will look to respond to comments from the latest survey in next week's VIP. Last night was our Year 12 Parents Evening—it started well and we thought it would continue without a hitch. However, at about 4.20pm, disaster struck again and the system collapsed, like the previous week, even though we had been reassured by School Cloud that as of 18 January, the system would work without issues... Eventually the system came back on and meetings continued but we are still working to accommodate those parents who were effected during the outage.

The Year 10 additional appointments will continue on Tuesday using this system however, please be assured that we are looking to find another system which gives a similar, albeit, more reliable experience., to use in the future We will be in touch with parents regarding the planned Year 7 evening on 4 February.

On a lighter note, for those of you who like a bit of Thursday night TV and are not watching Emmerdale, you may be tuning into watch 'Pooch Perfect' on BBC1. Some of you may have recognised, Bolu Eso, the resident vet, who was a student at Beths Grammar from September 2006. Bolu left in 2013 to study Veterinary Medicine at the University of Veterinary Medicine in Budapest and, as well as being a member of the Royal College of Veterinary Surgeons, the American Veterinary Medical Association and the British Veterinary Association, he also seems to be carving himself out an excellent television career too. What a great role model he has become for our students!



#### Dates for your diary

[Tuesday 26 January](#)

Year 10 Parents Evening  
(Missed Appointments)

[Friday 29 January](#)

Closing date for Sixth Form  
Applications



Beths Grammar School



@Bethsgs



Beths Grammar

### **Our revised timetable during this period of lockdown:**

8.45am	Morning Registration for all students in Years 7-11; Year 12 and 13 students will continue to register in the small groups as they have been doing in school
9.10am	Session One for all Students (one hour 40 minutes in length)
10.50am	20 minute break
11.10am	Session Two for all Students (one hour 40 minutes in length)
12.50am	Lunch
1.50pm	Session Three for all students (one hour 40 minutes in length)
3.30pm	End of the school day

We will continue with the three session day, split as currently, into odd and even weeks. This week was an 'even' week. Week commencing Monday 18 January is an 'odd' week.

Key Stage 3 sessions should continue to have a short break in the middle of each one.

\*\*\*\*\*RECOMMENDED BY BETHS STUDENTS\*\*\*\*\*

### Discover exciting opportunities, competitions and challenges for ages 12-18 years!

A great website bringing together lots of links to activities which you can get involved with.

<http://oodlesof.info/opportunities/>

There are many students and probably staff, who suffer 'visual stress'. They find reading uncomfortable where there is high contrast. Screen work can be tiring even with the brightness turned down. This puts a colour filter on the screen electronically, to reduce visual discomfort. You can choose your colour preference.

<https://www.aurelitec.com/colorveil/windows/>

Alternatively, Crossbow Education sell actual screen filters and page overlays. Here is the link for those

<https://www.crossboweducation.com/monitor-overlays>

*Whilst the school is closed, staff are all still here – albeit virtually – to support students and families at this difficult time. Please do not hesitate to contact form tutors, heads of years, subject teachers, heads of departments or the senior team, if you have any questions or need our support. If you do need to contact any member of staff, all our email addresses can be found on the school's website.*

*The following link will take you to way these can be found: <https://www.beths.bexley.sch.uk/page/?title=Staffing&pid=30>*

*As we only have a skeleton staff in school, we would ask that parents and carers do not turn up at the school unannounced, as there is unlikely to be anyone available to help them. Likewise, we would urge all parents to contact us by email as this is currently our prime means of communication.*

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***PLEASE REMEMBER THAT THE DEADLINE FOR SIXTH FORM APPLICATIONS IS***

***29 JANUARY 2021.***

***Please head to our website for further information.***

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**Possible solution for anyone who does not have a camera or microphone on their home device**

**You** could buy a small usb webcam online, alternatively you can use your phone alongside the computer. Teams allows a user to join with two devices. You can have the lesson on your desktop (clearer/larger) but can also access the lesson from your phone Teams app to take advantage of the camera and microphone.

**Top Tip:** you will need to mute your computer and have the sound coming from your phone to avoid the distortion/echo.

## **Beths 100km Run to Brighton!**

The PE Department are challenging you to run to Brighton (99.8km) over the next 4 weeks, and there is still time to sign up. Here's how it works...

1. You need to download the Nike Run Club app on your phone.
2. You need to register (it's free) and create a username. Please make your username your full name, with your form after your surname e.g Jake Smith 7B
3. You then need to click the add friend logo top right of the homepage. Search 'Mr C Webb Beths'. You should see my username. Add me as a friend.
4. I will then invite you to the challenge, of which you will need to accept.
5. Remember to take your phone when you run, and the distance you run will automatically be added to the overall Challenge Leaderboard!

And that's it

And that's it, you're in! 100km is an average of 20km a week for the next 5 weeks. A 5km run will take you around half an hour or so, so 4 runs a week should do the trick. Try to get as many of your friends involved as possible, as it will be good have a fun day out in Brighton! Also every week the top 3 from each year group will be mentioned on the School PE and Sport Twitter, and be rewarded. Good luck!

Any issues with the app or joining the challenge, then please message me directly on Teams. Members of staff are more than welcome to get involved too!



***Send your photos of you on your  
run to  
[mrwebb@beths.bexley.sch.uk](mailto:mrwebb@beths.bexley.sch.uk)***

**Head to our sports Twitter  
page @BethsGspe to see  
the other Year group  
results!**

# Musician of the Week

Congratulations to Max, this week's Musician of the Week. Check out the video on our social media pages, or on our website:

[Beths Grammar School - Music & Performing Arts](#)

If you would like to be considered for Musician of the Week, please email [msmarriott@beths.bexley.sch.uk](mailto:msmarriott@beths.bexley.sch.uk). We have some wonderfully talented students!

**NEED HELP PRINTING SCHOOL,  
COLLEGE OR UNI WORK?**

**A4, A3, colour, duplex - whatever you need, free**



**HAPPY TO HELP ANY WAY WE CAN**

**5 Pickford Lane, Bexleyheath DA7 4RD t: 020 8304 4010**

# BETHS ALUMNI

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You will have seen on our front page that this week, we are celebrating our ex-Beths boy, Bolu Eso.

We love to hear from any of our ex-students as to what they have achieved since leaving Beths so, please do keep us updated!

Contact us at [headsoffice@beths.bexley.sch.uk](mailto:headsoffice@beths.bexley.sch.uk) with any career updates and also photos, videos or even articles you have written about your memories of the school—we would love to share them with current staff and students.

## PARENTS ASSOCIATION

To be part of this amazing fundraising option, please follow the steps below:



Please go to [smile.amazon.co.uk](https://smile.amazon.co.uk) and search for Beths Parents Association. You need to start each shopping session at the URL [smile.amazon.co.uk](https://smile.amazon.co.uk). Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of your eligible purchases. It doesn't cost anything.



If you shop elsewhere online, please join Easyfundraising. Again, it costs nothing and Beths PA will automatically receive a donation. You can sign up at [www.easyfundraising.org.uk/BethsPA](https://www.easyfundraising.org.uk/BethsPA) and we will automatically receive a donation anytime you shop. If you are eligible, please also give gift aid to maximise the donation.

Thank you for your continued support. Please don't hesitate to contact us at [beths.parents.association@gmail.com](mailto:beths.parents.association@gmail.com) if you have any queries or ideas about how we can raise funds and support our children through this challenging time.



# Careers

Mrs Austen from 'Prospects', is keen to still give Careers and Post-18 advice and guidance to students, despite her not being in school. Instead, she has been either conducting meetings over the phone or via Zoom or Teams with students at other schools and is happy to continue her work with Beths in the same way. To this end, would any students in Years 11, 12 and 13, initially, that feel they would benefit from independent advice and are happy to talk on a phone or talk on- line, please email me, so this can be arranged ([mssangster@beths.bexley.sch.uk](mailto:mssangster@beths.bexley.sch.uk)). The meeting/call will be on a Thursday (her 'Beths'day) and would necessitate my passing on to her a preferred phone number or email address, so I would need your consent included in an email to me, so I can pass this on, along with your confirmation as to which method you wish to use. Prospects are fully aware of rules concerning GDPR and the safe handling of such information. The time slot will be when you would usually have either a Games lesson or study period, according to your timetable, and I will look at this before setting a 50 minute time slot. Unfortunately, some students have a full day of lessons on a Thursday, so I would ask that if you wish to see/talk to her, please let me know a time during the school day that you feel would have the least impact on your learning.

**Mrs Sangster**

**LRC Manager and Prospects Co-ordinator**

## **STEM & Medical Sciences Work Experience—Ages 12-18**

**'Live Online' or In-Person at UCL**

***Architecture—Computer Science—Dentistry—Engineering—Investment Banking—Medicine—  
Psychology— Veterinary Medicine***

Register now for unique opportunity to work alongside experienced engineers, doctors, psychologists vets and others this term. Students can choose to attend 'Live Online' before Easter or in-person later in April. Our in-person events have strict COVID measures in place.

[Choose Your STEM Work Experience - InvestIN Education](#)

[Choose Your Work Experience \(Ages 12-14\) - InvestIN Education](#)

**Big Voice London, are currently taking applications from A-Level students for a virtual work experience programme with [Schillings International LLP](#).**

Schillings is a law firm with a difference, which specialises in protecting its clients' privacy, data rights, security and reputations. Entirely unique, Schillings deploys under one roof lawyers, intelligence experts, investigators, cyber specialists, risk consultants and top people from the military, banking and government. If your students are interested in any of these career routes – this is the perfect opportunity for them!

The programme aims to provide young people with an insight into the work of Schillings' various departments and will include workshops on:

1. the work of the legal team;
2. the intelligence team;
3. the critical risk and cyber team;
4. the clients and markets team;
5. plus a careers workshop on CV writing, interview skills and personal branding.

The programme will run online across multiple evenings, between 5:30 and 7:30pm, during the weeks commencing 1<sup>st</sup> and 8<sup>th</sup> March 2021. Applications are open to Year 12 and 13 students from non-fee paying schools. In 2021, due to coronavirus, we are taking applications from students outside of London and welcome applications from students at schools across England and Wales.

The deadline for applications is **7pm on Friday 5<sup>th</sup> February 2021**. To apply your students will need to complete a brief application form by clicking [here](#).

All projects are completely free of charge.

Students are welcome to apply for more than one of Big Voice London's opportunities and subject to demand and the quality of a student's applications they may be accepted on to multiple projects.

For more details, including in relation to our other upcoming projects, see here: <https://www.bigvoicelondon.co.uk/studentrecruitmentbigvoicelondon>.

For more information on careers and apprenticeships, please head over to our website.

[Beths Grammar School - Career and Apprenticeship Information](#)

There is now information on Summer Schools 2021 on our Super Curriculum page. Please take a look to see if there is anything there that interests you.

[Beths Grammar School - Super Curriculum](#)





## How to support your child's wellbeing during lockdown



We recognise that lockdowns and all they entail are not easy for anyone but there is an added pressure on parents as they find themselves overseeing their child's, or children's, learning at home.

To try and help we've put together the top 10 tips for parents to support their child's wellbeing during this time.

Please remember, however, if you have any concerns at all your child's subject teachers, Form Tutor and Head of Year are all available during school hours via email (click [here](#) to find their email addresses on our website).

### **Top 10 Tips for supporting your child's wellbeing during lockdown....**

1. Establish a realistic routine – following the normal school day is ideal
2. Timetable in regular “brain breaks” using the timer on your child's phone (see overleaf for ideas)
3. Spend part of the day outdoors, if possible
4. Always do some physical activity during the day (try [Joe Wicks](#) or [Sport England](#))
5. Drink plenty of water and eat healthy food
6. Outside of learning time do activities you know your child enjoys (i.e. baking, learning a new skill, board/card games)
7. Don't feel pressurised by us – communicate with us
8. Consider their exposure to “Covid” news and social media
9. Access free home learning resources to supplement what is being sent home by us (i.e. BBC Bitesize etc)
10. Build in achievable and appropriate rewards



# How to support your child's wellbeing during lockdown



## Conversation starters...

Staying connected to others during a lockdown is very important so it's worth thinking about the right time to start a conversation about feelings or specific worries. It's important for you and your child to feel relaxed so try talking whilst doing an activity together, such as walking or baking

"What makes you feel happy/sad/angry?"

"What sort of things do you worry about?"

"What are the worst/best things about being in lockdown?"

## Signs to look out for...

Your child may need extra support if they are:

- Avoiding contacting friends or school work
- Anxious, upset or finding it hard to manage their emotions
- Having increasing trouble sleeping and eating
- Appearing low in mood, withdrawn, irritable or tearful
- Sharing worried or negative thoughts about themselves or their future

If you notice any of the above please contact the school counsellors for further advice at [counselling@beths.bersey.sch.uk](mailto:counselling@beths.bersey.sch.uk)

**Don't forget you're important too!** This is a tough time for everyone so we all need to prioritise our own needs and wellbeing. You can't expect to support another's wellbeing unless yours is good so please reach out for extra support if needed. Try [Mind](#) or the [NHS](#) for more information.

## Ideas for short "brain break" activities:

- Exercise, dance/sing to favourite song, walk, run
- Listen to music, read, colour in, draw
- Try mindfulness ([Headspace](#)) or yoga ([Cosmic Kids Yoga](#))
- Cards, board games, jigsaw puzzles
- Tell jokes, recall favourite memories or plan exciting family outings for after lockdown
- Facetime a friend or family member
- Watch favourite TV shows or film clips – the funnier the better!

## Useful links and resources for parents:

Check out the wellbeing pages for both parents and students on our school website:

[Beths Wellbeing pages](#)

The following organisations also have lots of help and advice for parents:

[Partnership for Children](#)   [Public Health](#)

[Anna Freud](#)

[BBC Bitesize Parents' Toolkit](#)

[Place to Be](#)

[Youngminds](#)



We are currently living through unusual and exceptional times and it may be that you, or a member of your family, are experiencing difficulties and need some form of support. Below is a list of a variety of helplines, which may be able to help:

**Samaritans** – 116 123

**SANeline** – [http://www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline) or 0300 304 7000.

SANeline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. We are open every day of the year from 4.30pm to 10.30pm

**CALM (Campaign Against Living Miserably)** – 0800 58 58 58 or <https://www.thecalmzone.net/>

Anyone can hit crisis point. We run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems. We support those bereaved by suicide, through the Support After Suicide Partnership (SASP).

**Drinkline – The National Alcohol Helpline** - 0300 123 1110 or <https://www.wellaware.org.uk/organisation/drinkline-the-national-alcohol-helpline/>

Confidential advice and information on all aspects of alcohol. Calls are free.

Drinkline offers the following services:

- \* Information and self-help materials
- \* Help to callers worried about their own drinking
- \* Support to the family and friends of people who are drinking
- \* Advice to callers on where to go for help

**Talk to Frank** – 0300 1236600 or <https://www.talktofrank.com/>

Targeted confidential advice for young people around all legal and illicit substances.

**National Domestic Abuse Helpline** – <https://www.nationaldahelpline.org.uk/> or 0808 2000 247

**CRUSE Bereavement Care** – <https://www.cruse.org.uk/> or 0808 808 1677

Cruse offers telephone, email and website support. We have a Freephone national helpline and local services, and a website ([hopeagain.org.uk](http://hopeagain.org.uk)) specifically for children and young people. Our services are provided by our network of 5,000 trained volunteers and are confidential and free. Cruse also provides training and consultancy for external organisations and for those who may encounter bereaved people in the course of their work.

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